

# LEISURE Times

Your Guide to Columbia's Recreational Opportunities



## FALL/WINTER 2021 ISSUE

Registration Begins: August 11, 2021 • Online Registration: August 10, 2021

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# Keeping Our Promises

In 2015, Columbia voters approved the extension of the 1/8 cent Park Sales Tax for six years to maintain and improve our park system; preserve and protect green space; and build new parks, trails, and recreational facilities.

I am happy to report that all the projects promised with the 2015 Park Sales Tax ballot have either been completed or are currently underway. The photos on these pages show just a few of these projects that have helped make our community the best place to live, work, learn and play.

Our 2021 citizen survey showed that 87 percent of Columbia households indicated they have visited City of Columbia parks over the last year. The survey showed that 81 percent of respondents indicated they have used trails over the last year as well. Those numbers are not surprising, especially with the increased use we have observed during the COVID-19 pandemic. We are grateful to be able to provide parks, trails and recreational facilities to our community, and we're equally grateful to our residents for their continued support.

*Mike Griggs*

Parks and Recreation Director



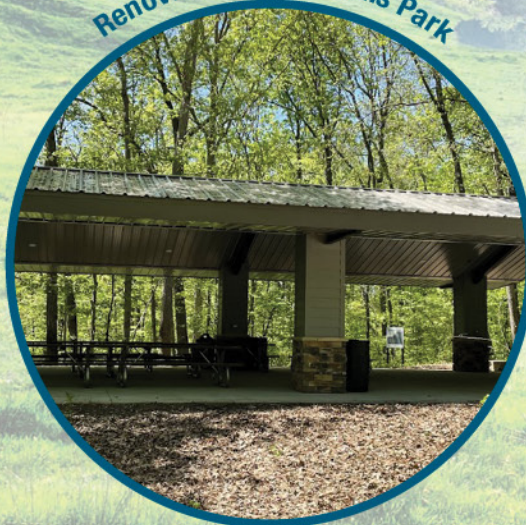
Renovations at Worley Street Park



Renovations at McKee Street Park



Renovations at Kiwanis Park



*These projects were funded in whole*



Development of the Columbia Sports Fieldhouse



Renovations at Fairview Park



MKT Trail bridges replacement

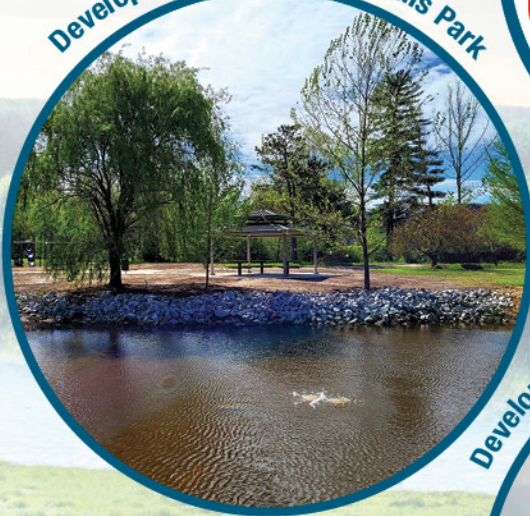


Numbers Tell the Story

**87%**

of Columbia households  
use our parks!

Development of Magnolia Falls Park



Development of Norma Sutherland Smith Park



Development of Gans Creek Cross Country Course



*or in part by the Park Sales tax.*





## General Information

### PARKS & RECREATION FREQUENTLY CALLED NUMBERS

PARKS & RECREATION MAIN OFFICE	#1 SOUTH 7TH	573-874-7460
RECREATION HOTLINE/CANCELLATIONS		573-874-7663
NON-EMERGENCY - RANGER		573-442-6131
ACTIVITY & RECREATION CENTER (ARC)	1701 W. ASH	573-874-7700
PARK MANAGEMENT CENTER	1507 BUSINESS LOOP W.	573-874-7201
HILLCREST COMMUNITY CENTER	1907 HILLCREST DR.	573-874-7475
ARMORY SPORTS CENTER	701 E. ASH	573-817-5077
CARE	701 E. ASH	573-874-6300
COMMUNITY RECREATION	701 E. ASH	573-874-6378
PAQUIN TOWER/ADAPTIVE RECREATION	1201 PAQUIN ST.	573-554-7042
PERMITS, LEAGUES AND SHELTER RESERVATIONS	#1 SOUTH 7TH	573-874-7460
RAINBOW SOFTBALL CENTER (SEASONAL) COSMO PARK	1615 BUSINESS LOOP 70	573-449-1925
SPECIAL OLYMPICS	1701 W. ASH	573-874-7312
LIFE ENRICHMENT CLASSES	1907 HILLCREST DR.	573-874-7636
SOCIAL ACTIVITIES	1907 HILLCREST DR.	573-874-7475
ALBERT-OAKLAND FAMILY AQUATIC CENTER	1900 BLUE RIDGE RD.	573-474-5331
ARC INDOOR POOL	1701 W. ASH	573-874-7700
DOUGLASS FAMILY AQUATIC CENTER	400 N. PROVIDENCE RD.	573-442-5019
HICKMAN POOL (INDOOR POOL)	1104 N. PROVIDENCE RD.	573-874-7476
LAKE OF THE WOODS POOL	6700 E. ST. CHARLES RD.	573-474-7878
L.A. NICKELL GOLF COURSE	1800 PARKSIDE DR.	573-499-GOLF
LAKE OF THE WOODS GOLF COURSE	6700 E. ST. CHARLES RD.	573-499-GOLF





**Columbia Parks and Recreation coordinates programs and activities for all ages and abilities. Information on these programs is in this guide.**

The Activity & Recreation Center (ARC, 1701 W Ash Street) has daily admission fees. Monthly and annual memberships are also available. Recreational programs and classes are held at the ARC, the Armory Sports Center, Hillcrest Community Center, Paquin Tower and the Riechmann Indoor Pavilion. Five aquatic facilities and two golf courses are managed by the department. The department is responsible for designing, building and maintaining all park facilities and manages over 3500 acres of parkland, 60 miles of trails, and 75 parks. If you need assistance at a park or facility, contact Park Ranger Rosanna Johnson. Non-emergency number is 573-442-6131; call 911 for emergencies.

## Contents

<b>GENERAL INFORMATION</b>	6
<i>Shelter reservations, Refund policy, Financial assistance</i>	
<b>ARC</b>	7
<i>Hours, Rates, Membership, Room rentals, Birthdays</i>	
<b>ADAPTED</b>	10
<i>Ceramics and art, Social activities, Sports</i>	
<b>AQUATICS</b>	11
<i>Pooch Plunge, Scout Day, ARC Water Zone, Swimming lessons</i>	
<b>ARTS, CRAFTS AND LEISURE</b>	18
<i>Holiday Craft Night, Adult Hands-on Clay, more</i>	
<b>BICYCLING</b>	18
<i>CoMo Bike Co-op, Learn to Bicycle, more</i>	
<b>CARE</b>	19
<i>Program requirements and services</i>	
<b>COMPUTERS / ONLINE COURSES</b>	21
<i>Open Computer Lab, Create &amp; Learn</i>	
<b>DANCE, CHEERLEADING AND TUMBLING</b>	22
<i>Tappercise, Dance, Tumble and Cheer, more</i>	
<b>FENCING AND MARTIAL ARTS</b>	22
<i>Tae Kwon Do, Aikido, Foil Fencing, more</i>	
<b>FITNESS AND EXERCISE</b>	25
<i>BYOBW, Personal training, HIIT Camp, more</i>	
<b>FUN FOR LITTLE ONES (PRESCHOOL)</b>	28
<i>Pumpkin Party, Holiday Crafts, Snow Much Fun, more</i>	
<b>GAMING</b>	29
<i>Armory Video Game Tournaments</i>	
<b>GOLF</b>	30
<i>Facilities, Fees, more</i>	
<b>OUTDOORS</b>	31
<i>Backpack Camping</i>	
<b>SCHOOL'S OUT / AFTER SCHOOL</b>	31
<i>After School Recreation</i>	
<b>SELF IMPROVEMENT</b>	32
<i>Tutoring, Professional development</i>	
<b>SOCIAL ACTIVITIES</b>	32
<i>Osher Book Talks, Mah Jongg, Bingo, more</i>	
<b>SPORTS</b>	34
<i>Tennis, Douglas Bulldogs Baseball League, Track, more</i>	
<b>TRAIL RUNS</b>	40
<i>Bear Creek Half Marathon, ROC, Stonegrinder 7K</i>	
<b>SPECIAL EVENTS</b>	41
<i>Family Fun Fest, Kaleidospoke, Outdoor Movies, Heritage Festival, more</i>	
<b>CALENDAR</b>	46

## Rental & Program Facilities

### CoMo.gov (search: Rentals)

#### Activity & Recreation Center (ARC)

1701 W. Ash St. • 573-874-7700, *see page 9*

#### Armory Sports and Community Center

701 E. Ash St. • 573-817-5077

Community Recreation programs, the CARE Program, basketball, volleyball. Gymnasium, conference room, classroom available for rent.

#### Douglass Park Amphitheater

400 N. Providence Rd. (corner of Rogers & 5th St.) • Call 573-874-7460

\$50 per day.

#### Hillcrest Community Center/Moss Building

1905/1907 Hillcrest Dr. • 573-874-7475

Moss rental available for groups of 100 people or less, \$38 per hour plus \$200 deposit. Life Enrichment classes, preschool programs, 50+ programs/tours, Osher@Mizzou.

#### Maplewood Barn

2900 E. Nifong • Call 573-874-7460

Call for information or to rent for groups of 70 people or less. Available Oct-March, \$27 per hour plus \$100 deposit.

#### MKT Trailside Building & MLK Garden

800 W. Stadium Blvd. • Call 573-874-7460

Men's and women's changing rooms and restrooms. MLK Garden and shelter available for rent for weddings and events. \$40 for building, Garden rental via special use permit, \$100 deposit.

#### Paquin Tower

1201 Paquin St., Ste. 102 • 573-874-7473

Programs suspended.

#### Riechmann Indoor Pavilion at Stephens Lake Park

2300 E. Walnut • 573-874-7460

For gatherings of 150 people or less. Facility rental rates are: Monday-Friday, 8a-3p OR 4-11p, \$300; Monday-Thursday, 8a-11p, \$400; Fri, Sun, 8a-11p, \$595. Sat/Holidays \$650. Deposit \$200.

#### Rock Quarry Park House

2002 Grindstone Parkway • 573-874-7460

Available for gatherings for groups of 50 or less. Rental fee per hour is \$24 plus \$100 deposit.

#### Stephens Lake Amphitheater

100 Old 63N • 573-874-7460

Call for information or to rent.

#### Waters House

2104 Hillcrest Dr. • 573-874-7460

Available for gatherings for groups of 50 or less. Rental fee per hour is \$24 plus \$100 deposit.





## General Information

### SHELTER RESERVATIONS

Reservations can be made for several park shelters. Other shelters are on a first-come, first-served basis. Reservations will be taken up to one year (364 days) in advance. The fee is \$45, \$60 or \$70 and is required on the day the reservation is made. Reservation fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation. For more information or to reserve a shelter, call 874-7460. For indoor space rental, see page 8 for ARC rentals and page 5 for other facility rentals. Cosmo Park and Stephens Lake Park Shelters are available for half-day or full-day rentals; 8a-2:30p or 5-11p.

### RETURNED CHECK FEE

The City of Columbia will assess a \$25 service charge for every check or EFT returned for insufficient funds.

### FEE PAYMENT

Fees must be paid in full at the time of purchase, registration or reservation. Enrollment in programs and facility rentals are on a first-come, first-served basis. Payments may be made with cash, check or credit card.

### CLASS REFUND POLICY

1. Refund at the request of the participant:
  - a. If the participant provides a written request for a refund one week prior to the first class, a refund will be granted less a \$5 administrative fee per participant. No refunds will be given for \$5 or less.
  - b. If a participant requests a refund less than one week prior to the first class, no refund will be granted.
  - c. If a participant cannot attend or continue a class due to an illness, a refund may be granted if a written request is received and:
    - i. A physician's statement of the illness and dates is presented.
    - ii. The request is received no later than 7 days after seeking treatment.
    - iii. A full refund will be granted if the request is received prior to the start of class.
    - iv. A pro-rated refund will be granted for the classes missed due to the illness.
2. Class Cancellation by the Parks & Recreation Department: A full refund will be granted in the event a class/activity is cancelled by the Department. The Parks & Recreation Department reserves the right to cancel a class if the minimum program enrollment has not been met two business days before the first class meeting.

### GIFT CARDS

Gift cards are available for Parks and Recreation programs, golf or ARC memberships. Call 874-7460 to purchase a gift card with a credit card.

### PHOTOGRAPHY

Frequently the City of Columbia takes photos or video of people enjoying facilities and programs. These photos are for promotional and marketing materials. They are used at the city's discretion and become its sole property.

### YOUTH FINANCIAL ASSISTANCE

The City of Columbia has a financial assistance program available for residents ages 2-17, who meet income/household size criteria established by the USDA's free/reduced lunch program. Financial assistance amounts are available in the amounts of either 50% or 75% depending upon the household. The remaining amount is expected in terms of a co-payment. The primary focus is on youth, although family memberships to the ARC are available if there are eligible youth in the household. Eligible youth may take up to three programs and/or passes per year or they may receive an annual pass to the ARC. An activity is defined as a recreational class, activity, a 20-pass card to any of the outdoor pools or a 20-pass card to the ARC. Example: A 20-pass card to the pools (normally \$37.50) can be obtained for either \$7.50 or \$15, depending on your status. Applications are available at the downtown Parks & Recreation office or at the ARC. They are also available on-line at [www.CoMo.gov](http://www.CoMo.gov). All applications must include proof of income and residency and should be turned in at the downtown office.

### ADULT FINANCIAL ASSISTANCE

The City of Columbia has a financial assistance program available for adults who are 18 and over and live in the City of Columbia. The guidelines are similar to the youth program. Eligible participants receive a discounted 20-pass card to the ARC with the possibility of upgrading it to an annual pass based upon usage.

### YOUTH RECREATION SCHOLARSHIPS

Through Share the Light, City utility customers can make a donation to a variety of programs, including Youth Recreation Scholarships. Look for information in your utility bill, or log onto the web.

### PICNIC PACKS

Stop by Parks & Recreation (1 S. 7th St.) and pick up a Picnic Pack for one day or the weekend. The Picnic Pack includes volleyball, net, football, 2 frisbees, softball and bat. First-come, first-served. Cost is \$10 with \$20 deposit.

#### Five Ways to Register:

1. **Online:** Go to [www.CoMo.gov](http://www.CoMo.gov)
2. **Walk-in:** You can register at the downtown office  
1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. **Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
4. **Mail-in:** Mail to Columbia Parks & Recreation,  
P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. **Fax-in:** Fax to Columbia Parks and Recreation  
(573) 874-7640. (Form Online)





## Activity & Recreation Center

Annual Membership is the most economical way to enjoy all the ARC has to offer, but is not required. All pass holders (Annual, Multiple, & Daily) will have access to the indoor leisure pool, gymnasium, indoor track, cardio/strength training zones, and changing rooms at no additional charge. Pass holders will also have access to a variety of group exercise classes such as step, Zumba and/or body conditioning, as well as basic aquatic fitness classes. Specialty classes (sport specific training, yoga, etc.) will be assessed an additional program fee.

### MEMBERSHIP FEES

#### YOUTH ADMISSION - AGES 2 TO 17

Daily .....	\$3.75
Multiple Pass (20) .....	\$56.25
Annual Pass .....	\$203.00
Monthly Installment* .....	\$19.50
30 Day Pass .....	\$25.50
After School 3pm-6pm daily .....	\$2.75

*\*This option is only available with monthly electronic funds transfer (EFT).*

*No contract but requires 30 day written notice to cancel.*

#### ADULT ADMISSION - AGES 18-59

Daily .....	\$6.00
Multiple Pass (20) .....	\$90.00
Annual Pass .....	\$359.00
Monthly Installment* .....	\$34.50*
30 Day Pass .....	\$40.50
Adult plus one Annual+ .....	\$467.00**
Adult plus one Monthly*+ .....	\$44.75
Adult plus one 30 Day Pass+ .....	\$54.50

*\*This option is only available with monthly electronic funds transfer (EFT).*

*No contract but requires 30 day written notice to cancel.*

*\*\*Second person can be another adult, senior or youth senior.*

#### FAMILY ADMISSION - UP TO 5 PERSONS\*\*

Daily (up to 5 persons) .....	\$15.25
Additional Dependent Family Member (ADFM) .....	\$2.00 ea
Annual Pass+ .....	\$574.00
Annual Pass ADFM .....	\$28.75 ea
Monthly Installment*+ .....	\$52.75*
Monthly ADFM .....	\$2.75 ea
30 Day Pass+ .....	\$58.75

*\*This option is only available with monthly electronic funds transfer (EFT).*

*No contract but requires 30 day written notice to cancel.*

#### SENIOR ADMISSION - AGES 60 & OVER

Daily .....	\$3.75
Multiple Pass (20) .....	\$56.25
Annual Pass .....	\$225.00
Monthly Installment* .....	\$22.50*
30 Day Pass .....	\$28.50
Annual Senior Couple+ .....	\$292.50
Couple Monthly Installment*+ .....	\$29.25
30 Day Couple Pass+ .....	\$35.25

*\*This option is only available with monthly electronic funds transfer (EFT).*

*No contract but requires 30 day written notice to cancel.*

*\*\*A family group is defined as a max of two adults and up to three children or dependents residing at one residence. "Dependent" has the same meaning as "dependent" under federal income tax law.*

*+All multiple person memberships require that the members reside at the same household address.*

### GROUP RATES

Special rates are available for groups of 20 or more. Please call at least two weeks in advance to make a reservation.

### MONTHLY PAYMENT OPTION

Economical monthly payments can only be made through an electronic funds transfer (EFT) from your checking or savings account. Withdrawals will be made on the 15th of the month. Your membership will continue until you notify us in writing. Monthly auto-debit memberships can be canceled with written notice. Cancellations must be received by the last day of the month to avoid another payment. A 30-day pass is also available.

### FINANCIAL ASSISTANCE

Columbia Parks and Recreation Department has a financial assistance program to enable Columbia youth and adults who qualify for financial assistance to participate in our programs.

### YOUTH PARTICIPANTS

If an individual is 11 or older, he/she may utilize the facility without adult supervision, except in adult cardio/strength zones and group exercise land classes (14 and up). Children 10 years of age or younger, must be accompanied and supervised by a paying adult (16 or older). Youth training room is available. For parents or guardians participating in another activity and unable to supervise their children, our Kid Zone is available. See page 8 for details. 12-13 year old Youth Fitness orientation for upstairs access.

### MEMBERSHIP ELIGIBILITY

Everyone is eligible for membership at the ARC, including those residing outside of the Columbia city limits, at the same economical prices.

### HOW TO JOIN

Visit the ARC at 1701 West Ash and our staff will assist you in completing a membership application. Applications are available on the Parks and Recreation Web site, or call (573) 874-7700 and we will send you a membership application.

### AMENITIES

- ✓ Cardio/Strength Training Zones
- ✓ Gymnasiums
- ✓ Indoor Walking/Jogging Track
- ✓ Meeting Rooms and Classroom
- ✓ Triple Loop Water Slide, Lazy River & Vortex
- ✓ Zero Depth Entry/Water Play Features
- ✓ Group Exercise Room
- ✓ Hydro Therapy Pool
- ✓ Kid Zone-Stay & Play Area for Children
- ✓ Spinning Room
- ✓ Youth Training Room

### ARC HOURS OF OPERATION

MONDAY-FRIDAY: 5:30a-9:30p | SATURDAY: 7a-6p | SUNDAY: 9a-6p

### HOLIDAY HOURS

Labor Day, September 6: 9a-3p  
November 24: 5:30A-5:30P | Thanksgiving closed  
December 24: 5:30a-3p | Christmas closed  
December 31: 5:30a-3p | New Years Day closed





## Activity & Recreation Center

### WATER ZONE

The Water Zone includes a leisure pool with zero depth entry, interactive water play feature, triple loop water slide, lazy river, vortex, three lap lanes and a heated hydro therapy pool. This area includes two wet multipurpose rooms that can accommodate birthday parties, lifeguard training and much more.

### KID ZONE CHILD CARE

The Kid Zone, an on-site babysitting service, is available for children ages 6 months to 10 years of age so that parents or guardians will have the opportunity to enjoy the services and programs offered at the ARC. There is a maximum two hour visit per child. The parent or guardian must remain in the facility while the child is utilizing this service. An outdoor play area will be available on nice days.

#### HOURS OF OPERATION

Monday - Friday .....	8am-12pm & 4:30-7:30pm
Saturday .....	8am-12pm

#### FEES

Annual Passholder	
Single Visit .....	\$2.25 per child
Punch Card .....	\$40.00 for 20 visits
Non-Passholder	
Single Visit .....	\$3.00 per child

#### MONTHLY FEES

Have your monthly daycare fees conveniently withdrawn from your checking or savings account on the 15th of each month. Additional information available at front desk.

First Child .....	\$20/month
Subsequent Children .....	\$10/month

### MEETING ROOMS

The ARC has 2600 square feet of multipurpose space that is equipped with two retractable walls. This will allow us to divide the room into several configurations. These rooms are available for rent and are ideal for business meetings, banquets, wedding receptions and other special events.

### DAILY LOCKERS

Lockers are available for daily use only. Users must remove their lock and belongings daily. At the daily closing of the ARC, all locks and belongings will be removed and placed in lost and found. Locks are available for rent at the Guest Services Desk.

### YOUTH TRAINING ROOM

Seven Olympic platforms, circuit, dumbbells, squat stations, jerk boxes/pull boxes, and cardio equipment. Adults may utilize for Olympic weightlifting or power lifting.



.... **THE ARC RECOMMENDS** leaving all valuables at home. However, if you bring valuables, we suggest utilizing a locker to store your items safely. The ARC is not responsible for lost or stolen items.

### CARDIO/STRENGTH TRAINING

Come work out in our "state of the art" environment. Jump into shape or stay fit with our top of the line cardio and strength (dumbbells, circuit) equipment. Enjoy cardio theatre while you are exercising to a happier, healthier lifestyle. Staff will be available to assist with your health and fitness needs. Ages 14 & up may use this area freely. See our youth fitness orientation for ages 12-13.

### WALKING/JOGGING TRACK

Walkers and joggers alike will benefit from the rubberized track as it winds through the gym, cardio/strength training zones and Water Zone. 6 1/2 laps = one mile.

### GYMNASIUM

A sporting enthusiast's dream, the gymnasium has cushioned wood floors and can accommodate pickleball, basketball and volleyball. The gym can also be used for other activities. At least one court will be available for drop-in use most hours of operation.

### ARC PRACTICE COURT RENTALS

Courts available for rent on Sundays after 6pm. Full payment due at time of reservation. Fee is non-refundable. Transfers must be requested at least 14 days in advance of original reservation.

#### RENTAL RATES:

Full Court	~ \$75 for a 1 ½ hour rental;	6p-7:30p or 7:45p-9:15p
Half Court	~ \$40 for a 1 ½ hour rental;	6p-7:30p or 7:45p-9:15p

#### RENTAL GUIDELINES:

##### All Rentals

- ✓ Rentals may not be used for the sale of a service, such as a paid personal or team trainer.

##### Basketball

- ✓ Teams reserving a full court will have 6 baskets and 3 baskets for half court rental.
- ✓ No dunking allowed.

##### Baseball/Softball

- ✓ Teams must reserve a full court and must utilize trainer or total control balls; no hardballs permitted or drills utilizing the walls.
- ✓ Hitting must be done in net.

##### Soccer

- ✓ Space is available for conditioning and foot drills; no full on kicks permitted or drills utilizing the walls.

##### Pickleball

- ✓ Teams reserving a full court will have space for 3 nets; provided by ARC.
- ✓ Half court rental will allow 1 net.

##### Volleyball

- ✓ Teams must reserve a full court; one net provided by ARC



### GYMNASIUM SCHEDULE

For the current ARC schedule, check online [CoMo.gov](http://CoMo.gov) (search ARC).



### GENERAL POLICIES

1. The ARC is a controlled access facility.
2. Alcohol, smoking or tobacco use in any form is prohibited.
3. Food and beverages are permitted in lobby and meeting rooms. Glass and metal containers are prohibited. No food may be brought into the facility.
4. Spitting is prohibited, including water fountains.
5. Abusive or foul language is strictly prohibited. These actions may result in immediate expulsion and/or loss of future privileges.
6. Anyone using physical force towards another patron or employee will be suspended for a minimum of one year.
7. Horseplay is not permitted.
8. Shirts and shoes must be worn at all times in the facility (except in pool).
9. Non-marking shoes must be worn in the activity (gym, track) areas. Waffle-soled shoes or cleats are not allowed.
10. No basketballs or volleyballs are allowed upstairs. No bouncing or throwing balls outside the gym.
11. Personal music devices are only allowed when used with headphones.
12. Bicycles, skateboards and in-line skates are prohibited.
13. Animals in the facility are restricted to guide dogs only.
14. The ARC is not responsible for lost or stolen items.

### ARC REFUND POLICY

#### ARC MEMBERSHIPS

There are no refunds on ARC memberships.

ACTIVITY PROGRAMS - See page 6 for refund policy.

FACILITY RENTALS - Rental fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation.

### ROOM RENTALS

Applications - Facility rental applications must be completed and submitted two weeks prior to the event. Applications are available at the ARC Guest Services Desk and the City of Columbia Web site. Applications are accepted on a first come, first-served basis. Reservations will be considered up to one year in advance. Anyone age 21 or older may request a facility rental. In order to reserve a room, renter must pay the rental fee in full.

#### ROOMS/COURTS

Meeting Room 1/3 .....	\$25 per hour
Meeting Room 2/3 .....	\$50 per hour
Meeting Room Full .....	\$75 per hour
Classroom .....	\$22 per hour
Group Exercise Room .....	\$32 per hour
Water Zone Raindrop Room (M, W, F) .....	\$37 per rental
Water Zone Typhoon Room (M, W, F) .....	\$50 per rental

#### WATER ZONE (INDOOR POOL)..... 2 HOUR MINIMUM

1-100 People .....	\$140 per hour
101-150 People .....	\$185 per hour
151-200 People .....	\$235 per hour
201-250 People .....	\$345 per hour
251-300 People .....	\$445 per hour

#### FACILITY "LOCK-IN" (8 HOURS)

Discover the ARC and all it has to offer for your next group overnight. You will have use of the lobby, gym, pool (10pm-2am), game room and meeting rooms. Maximum accommodation is 50.

TIMES..... 10pm-6am

#### FEES

1-100 People .....	\$1000
101-500 People .....	\$1125 plus \$5 per person
<i>(each person over 100 will be assessed this fee)</i>	

### WATER ZONE BIRTHDAY PARTIES, page 13



**IS IT YOUR BIRTHDAY?**

Show proof of your birthday at the Guest Services Desk & you can use the ARC for **FREE** on your special day!





## Adapted Recreation | Adapted Sports

### ADAPTED COMMUNITY RECREATION PROGRAM

The Adapted program located at Paquin Tower is designed for individuals with special needs. The program is open to the community, and most of the activities are walk-in.

Complete information about the program (including new monthly activities offered) is produced in a monthly newsletter available at the Adapted Community Recreation office, Paquin Tower, 1201 Paquin St, Ste 106B or online at [www.CoMo.gov](http://www.CoMo.gov) (search adapted). If you would like to be on our mailing list or need more information, please email [Sarah.Bowman@CoMo.gov](mailto:Sarah.Bowman@CoMo.gov)

If you wish to participate in any Parks and Recreation activity, yet feel you may need some special accommodation, please email [Sarah.Bowman@CoMo.gov](mailto:Sarah.Bowman@CoMo.gov). For updates on activities, please check our Facebook Page @COMOAdaptedSports



### ADAPTED BASKETBALL

Registration will be closed when the maximum number of participants is reached. Team assignments, practice dates/times will be assigned closer to time of first practice.

Location: New Haven Elementary

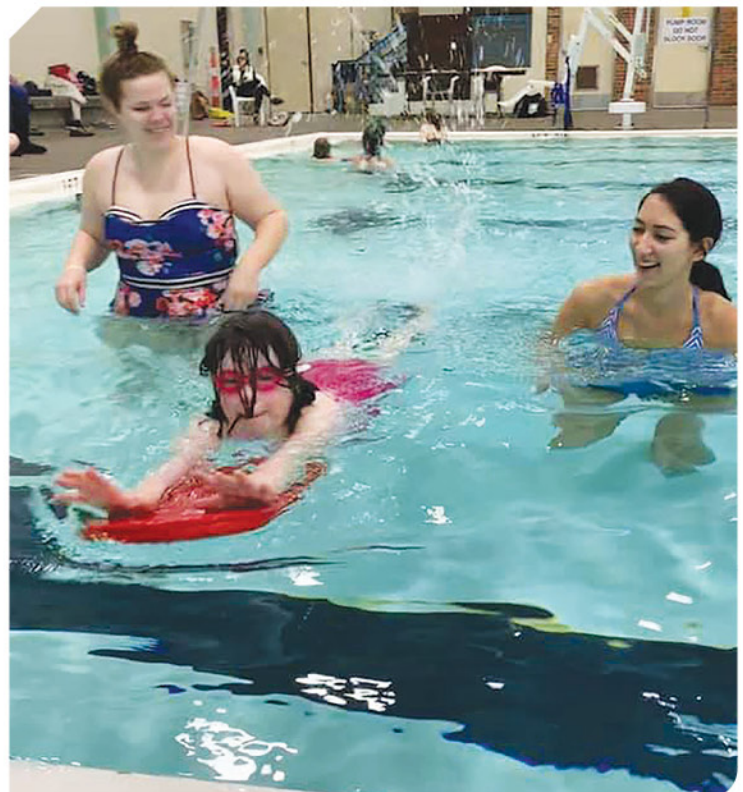
Activity #	Date	Time	Age	Price
115605-01	M,Tu: Nov 30-Mar 8	6- 8 pm	8+	\$17.50

### ADAPTED SWIMMING

Registration deadline when the maximum number of participants is reached. Team assignments, practice dates/times will be assigned after close of registration.

Location: Hickman Pool @ Hickman High School

Activity #	Date	Time	Age	Price
115604-02	Su: Jan 23-Mar 20	4:30- 6:30 pm	8+	\$17.50



### CERAMICS, ART AND CRAFT STUDIO

Interested in ceramics or pottery? The studio is open to all skill levels. The instructor is there to teach new projects and to help with existing ones. Work on greenware, bisque, and clay. Supplies for crafts are available (\$2 studio fee).

CRAFTS AND CERAMICS STUDIO IS OPEN ON THE FOLLOWING DAYS:

Tues 9 am – 12 pm | Thurs 9 am – 12 pm | Fee: Cost of the greenware

Email [Sarah.Bowman@CoMo.gov](mailto:Sarah.Bowman@CoMo.gov) to schedule group times for ceramics.

### SOCIAL ACTIVITIES

#### ADAPTED RECREATION FISHING DAY

Join the Adapted Recreation group for the first annual Fishing Day! We will meet at Cosmo-Bethel Park for a fun afternoon of fishing. Food will be provided as well as fishing poles and bait.

Location: Cosmo-Bethel Park Lake

Activity #	Date	Time	Age	Price
112601-01	F: Sep 24	1-4 pm	14+	\$5

### ADAPTIVE SPORTS

The City of Columbia offers numerous sports to individuals with special needs. Competitions are held through Special Olympics, however **competing is not required for participation**. Each sport has a level for any and all levels of participation from learning the very basics to fine tuning preexisting knowledge. **When you register, please be sure that your athlete has a current Special Olympics specific physical and release form**. Prior experience or knowledge is not necessary. Please contact Tyler Armstrong at [Tyler.Armstrong@CoMo.gov](mailto:Tyler.Armstrong@CoMo.gov) or 573-874-7312 if you have any questions or require forms.

#### ADAPTED BOWLING

Registration deadline ends when the maximum number of participants is reached. Athletes will be put in either a noon to 1:30pm practice slot or a 2pm-3:30pm time slot. Registration open now!

Location: AMF Bowling Alley

Activity #	Date	Time	Age	Price
115603-01	Sa: Oct 2-Dec 4	12-1:30 / 2-3:30 pm	8+	\$65





## AQUATIC FACILITIES . . . . .

### ARC WATER ZONE

Activity & Recreation Center, 1701 W. Ash, 874-7700

- Indoor Facility • Heated Water • Zero Depth Entry • Water Play Feature • Triple Loop Water Slide • Lazy River • Vortex • Hydro Therapy Pool • Lap Lanes • Swim Instruction • Recreational Swim • Water Fitness • Concession Area

### ALBERT-OAKLAND FAMILY AQUATIC CENTER

Albert-Oakland Park, 1900 Blue Ridge Road, 474-5331 | Closes for season: Sept 6

- Outdoor Facility • Diving Boards • 50 Meter Pool • Children's Water Play Area with Water Sprinklers and a Water Slide • Double Loop Enclosed Flume Water Slide • Recreational Swim • Shade Umbrellas • Large Deck with Lounge Chairs Area with Sprinklers and Slide • Concession Stand

### DOUGLASS PARK SPRAYGROUND

Douglass Park, 400 N. Providence Road, 442-5019 | Closes for season: Sept 6

**UNGUARDED** Plaza with interactive water fountains, geysers and jets shooting from the ground

### FLAT BRANCH PARK SPRAYGROUND

Flat Branch Park, 400 Locust St. | Closes for season: Sept 6

- **UNGUARDED** Outdoor Water Feature Spraygrounds • Plaza with interactive water fountains, geysers and jets shooting from the ground • Free to public

### HICKMAN POOL

David H. Hickman High School, 1104 N. Providence Road, 874-7476

- Indoor Facility • Swim Instruction • Heated Water • Lifeguard Instruction

### STEPHENS LAKE AND SPRAYGROUND

Stephens Lake Park, 2001 E. Broadway | Closes for season: Sept 6

- **UNGUARDED** Swimming Beach and Outdoor Water Feature Spraygrounds • Plaza with interactive water fountains, geysers and jets shooting from the ground • Free to the Public • Swimming in Designated Beach Area • Fishing / Boating (non-motorized) Area • Boardwalk with Shelter • Restrooms

### SWIM HOTLINE

Call 874-7663 for special up-to-date information on facility openings and closings.

### APPROPRIATE SWIMSUIT ATTIRE

Any individual wearing street clothes will not be allowed admission into the facility unless they are the parent or guardian of a child 10 years and younger. Appropriate swim attire is required to enter ALL aquatic facilities. Appropriate attire is defined as clothing specifically designed for use in the water. Some examples of inappropriate attire include, but are not limited to: basketball shorts, sports bras and shorts, sweatpants, cut-off shorts, & cargo shorts. Aquatic cashiers will ask to see swim attire at time of entry, those without appropriate attire will not be admitted.

### SWIMSUIT DRIVE

Parks and Recreation is collecting new or gently used swim attire for those in need. Please drop off your items to the ARC. Thank you!

## RECREATION SWIM FEES

### Albert-Oakland Family Aquatic Center

AGE	SINGLE ADMISSION
1 & under	FREE
2-15	\$2.50
Adults (16+)	\$3.50

	AUGUST	SEPTEMBER
<b>ALBERT OAKLAND FAMILY AQUATIC CENTER</b>	Closed Mon and Tues Wed-Sun 12-2 pm 2:30-4:30 pm	<b>Closed</b> Sept 1-3
	<b>Last Weekday</b> Aug 6	<b>Open</b> Sept 4-6 12-2 pm 2:30-4:30 pm
	<b>Closed</b> Aug 9-13, 16-20, 23-27, 30-31	<b>After Labor Day</b> <b>CLOSED FOR SEASON</b>
	<b>Open (weekends only)</b> Aug 7-8, 14-15, 21-22, 28-29	

**NOTE:** All facilities are subject to early closings if low attendance (10 patrons or less in a two hour period), weather warrants, or for a special program. All outdoor facilities will remain closed whenever projected high air temperatures for the day are below 75 degrees.

### A WORD TO PARENTS

Our staff of trained, licensed lifeguards strives to maintain the highest standards in emergency training. Our goal is to provide our patrons with a safe, clean atmosphere in which families can enjoy themselves in a recreational environment. The purpose of the aquatic staff is not to supervise your child, but to prevent accidents from happening. Therefore, parents are expected to closely supervise their children and assist in enforcing the policies for the safety and enjoyment of all patrons. All children 10 and under must be accompanied and supervised at all times by a paying adult (16 years or older).

### STAFF TRAINING

In an attempt to provide the safest facilities possible, our staff undergoes extensive training. In an attempt to simulate real situations this training could happen at any time, including during recreational swimming times. Please do not be alarmed; a "Lifeguards in Training" sign will be posted. Training aids may include lifelike mannequins. We apologize for any inconvenience this may cause.

### DIAPER POLICY

- Patrons requiring diapers are prohibited from entering the pool without waterproof swim diapers or plastic pants with elastic legs and waistband.
- Swimmers not wearing swim diapers will be asked to exit the swimming area until a swim diaper is acquired. Disposable swim diapers can be purchased at the facilities.
- Adults are required to change diapers at designated diaper changing stations located in the changing rooms. Please do not change diapers on the aquatic facility deck, in the concession area or party rooms.
- Children and patrons who have had diarrhea within the past two weeks are asked not to use the facility.
- Adults should ask their children to refrain from drinking the pool water.
- If your child or another child does have an accident in the pool water or deck area, **please notify a staff member immediately.**

### INCLEMENT WEATHER POLICY

Lightning poses a serious risk of injury at our aquatic facilities, including our indoor facilities. Due to the seriousness of this issue, we have developed the following policy for our aquatic facilities. When inclement weather occurs, the water will be cleared and our staff will remain at the facility and attempt to reopen as soon as possible. If we are unable to reopen after forty-five minutes, the pool will close and attempt to reopen later in the day. This policy is in effect until one hour prior to official closing time. All facility closings will be announced on the Swim Hotline (573-874-7663).





## Aquatics

### FLOTATION DEVICES

Flotation devices are welcome at our aquatic facilities under these guidelines.

- We recommend U.S. Coast Guard approved devices only.
- Children 10 and under may only use flotation devices when an adult (16 years or older) is supervising the child.
- The size of the flotation devices may be restricted by aquatic staff.
- Water wings or arm floaters are strongly discouraged for use as flotation devices.

### AQUATIC PRIVATE RENTALS

Enjoy a pool side private party, family reunion or office party in a pleasant environment. Aquatic facilities may be reserved for a two-hour time period after recreational swim times or other times when the facilities are not in use. Lifeguards are provided. Children and youth groups must have one adult to every ten children. All regular facility rules are in effect. Reservations are accepted on a first come, first served basis and may be made in person at the ARC, 1701 W Ash, or by calling 874-7700. All arrangements must be made a minimum of two weeks in advance and payment is due at the time of reservation.

#### Rental Rates

ARC..... See ARC Water Zone rates, page 9  
Hickman Pool .....\$168

- These rentals are for groups of 50 or less. Each additional person counted over 50 is \$1 each. **Every one attending is counted, even if they do not swim.**

- Rental fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation.

### ARC WATER ZONE.....

**LIFEGUARDS** enforce rules and regulations to prevent accidents, and respond to aquatic emergencies. **PARENTS** are ultimately responsible for the safety of their children!

### HOLIDAY HOURS

Sept 6	11 am–12 pm Lap Swimming	12-5 pm Rec Swim
Nov 24	5:45 am–12 pm Regular Schedule	12-5 pm Rec Swim
Nov 25	Closed	
Dec 24	5:45 am–12 pm Lap/ Swim/Walk	12-2:30 pm Rec Swim <i>No Water Fitness classes held</i>
Dec 25	Closed	
Dec 31	5:45 am–12 pm Lap/ Swim/Walk	12-2:30 pm Rec Swim <i>No Water Fitness classes held</i>
Jan 1	Closed	

### SCHOOL'S OUT – OPEN SWIM

The indoor leisure pool will open early (12 pm) on the following days to provide lots of fun and excitement for children who are out of school. Reminder: Please check the pool schedule for Water Zone closing times

*Sept 22; Nov 12, 26; Dec 22, 23, 27, 28, 29, 30;  
Jan 3, 17; Feb 18, 21; Mar 4, 16, 28, 29, 30, 31, Apr 1*

### REC SWIM

Try three story water slide, take a trip around the lazy river, or go for a spin in the vortex. Children 10 years and under can enjoy the zero depth entry and our water play feature. In addition, there are three, 25-yard lap lanes available during this time for your workout.

### LAP/SPA/WALK

Water provides the opportunity to exercise in numerous ways that are not available in typical land based activities. Water lends itself to a well-balanced workout that improves all major components of physical fitness, aerobic training, muscular strength and endurance, flexibility and body composition. Patrons 16 and older can enjoy the Hydro Therapy Pool. Note: Will not be available during Water Boot Camp.

### WATER AEROBICS CLASS

This low impact activity uses water as resistance to improve your strength, posture, flexibility and coordination while getting a great cardiovascular workout. Work at your own pace, whether you are a beginner, intermediate, or advanced level participant.

### MOVING MY JOINTS

For those who are challenged by arthritis or have special conditions that make the other group fitness classes too difficult. This class is beneficial for participants who need a slower paced workout.

### AQUATIC PROGRAMS.....

#### POOCH PLUNGE

Finish off the 'dog days' of summer at Albert-Oakland Family Aquatic Center. The pool (no slides) is open for dogs; pets must be accompanied by an adult. Dogs swim only! Owners are responsible for cleaning up any accidents; dog and owner must be pre-registered to participate. Limited space--friendly dogs only! If weather is inclement, please call the hotline at 573-874-7663, option 3 after 5:30pm for possible cancellations.

*Location: Albert-Oakland Family Aquatic Center*

Activity #	Date	Time	Age	Price
114401-01	Tu: Sep 7	5:30-6:30 pm	N/A	\$5



#### BOY/GIRL SCOUT DAY

Attention all scouts! Hickman Pool will be hosting a day just for you. Activities will include 5 stations on a variety of water safety topics and fun games. All groups must preregister. If you are registering for a troop please add each child to your household to include them on the class roster.

*Location: Hickman Indoor Pool @ Hickman High School*

Activity #	Date	Time	Age	Price
101900-01	Su: Feb 20	1- 3 pm	N/A	\$4





## Water Specialty Classes



**LIFEGUARDS** enforce rules and regulations to prevent accidents, and respond to aquatic emergencies. **PARENTS** are ultimately responsible for the safety of their children!

### Five Ways to Register:

- Online:** Go to [www.CoMo.gov](http://www.CoMo.gov)
- Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
- Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
- Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
- Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)

### WATER ZONE BIRTHDAY PARTY PACKAGES

Come have your birthday fun at the ARC! We offer great party packages for you. Reservations can be made by calling the ARC at 874-7700 or by reserving them in person. Payment must be made at the time of reservation either in person or over the phone with a Master Card or Visa. More information will be located on the back of the party contract.



#### ALL PACKAGES INCLUDE

- 2 hours in selected party room
- Pizza, additional pizza may be purchased
- Soda or Kool-aid
- Daily admission for the number of guests specified in the package
- Souvenir party t-shirt for the birthday child
- Wrist bands to enter the facility
- Free birthday invitations to all party participants with free guest pass for future ARC visit
- Party attendant will deliver food and drink
- Guest may stay and enjoy the ARC after your party room time is over

#### ROOM TIMES

Mon ..... 5:30-7:30 pm  
Fri ..... 1:30-3:30\* pm; 4-6 pm; 6:30-8:30 pm  
Sat or Sun ..... 12-2 pm; 2:30-4:30 pm

*Parties are only available during Rec swim times.*

*\* Available when school is not in session or on early release days*

**RECEIVE \$25 OFF YOUR PACKAGE COST WHEN YOU HAVE YOUR PARTY ON A MONDAY OR WEDNESDAY!**

#### BASIC PACKAGE

Room: Raindrop  
Participants: 15 max  
Food 4 pizzas  
Cost Member: \$143.75  
Non member \$172.50

#### DELUXE PACKAGE

Room: Typhoon  
Participants: up to 25  
Food 5 pizzas  
Cost Member: \$172.50  
Non member \$201.25

#### EXTREME PACKAGE

Room Typhoon  
Participants up to 35  
Food 6 pizzas  
Cost Member \$201.25  
Non member \$230

#### ULTIMATE PACKAGE

Room Typhoon  
Participants up to 45  
Food 7 pizzas  
Cost Member \$230  
Non member \$258.75

*\*All adults and children attending the party will be counted.*

### WATER ZONE ROOM RENTAL

**Available Mon or Fri Mon 5:30-7:30 pm, Fri 6:30-8:30 pm**

If you're looking for a room to rent where you plan the party, menu and have easy access to the pool, we have some rooms just for you! This two hour package does not include admission into the facility. See page 7 for fees.

Room	Typhoon
Maximum Capacity	55 persons
2-Hour Room Rental	\$50

- Extra pizza cost \$9 • T-Shirt cost \$6
- Admission to the ARC is **REQUIRED** for each person with this room rental.
- If swimming isn't part of your plan, we have other room rental options, see page 9.





## Water Zone Schedule

### ARC WATER ZONE SCHEDULE AUGUST 8, 2021 – MARCH 5, 2022

WATER ZONE CLOSED FOR FACILITY IMPROVEMENTS OCTOBER 4-31, 2021

SUN	MON/WED	TU/THU	FRI	SAT
ARC Closed	Lap/Spa/Walk 5:45-7a	Lap/Spa/Walk 5:45-6:55a	Lap/Spa/Walk 5:45-7a	ARC Closed
				Water Aerobics 7:10-8 am
	Lap/Spa/Walk 7-7:55a	Water Aerobics 7-7:50a	Lap/Spa/Walk 7-7:55a	Water Aerobics 8:10-9a
	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Swimming Lessons 9:10-9:55a*
	Water Aerobics 9-9:50a	Water Aerobics 9-9:50a	Water Aerobics 9-9:50a	Swimming Lessons 10:10-10:55a*
				Swimming Lessons 11:10 - 11:55a*
	Moving My Joints 10-10:50a	Lap/Spa/Walk** 10a-1:30p	Moving My Joints 10-10:50a	Rec Swim 12-6:30 pm
Lap/Spa/Walk 9am-12p	Little Swimmers 11a-12p	Lap/Spa/Walk 11a-1:30p		
	Lap/Spa/Walk 11a-1:30p		Water Zone Closed 1:30-3p	
Rec Swim 12-5:30p	Water Zone Closed 1:30-3p  <i>Spa will be closed 1:30-6p for Maintenance every Wed</i>	Lap/Spa/Walk 3-5:25p	Water Zone Closed 1:30-3p	
		Water Aerobics 5:30-6:20p	Lap/Spa/Walk 3-5p	
	Lap/Spa/Walk 3-5p			Rec Swim 5-7:30p <i>(Monday Only)</i>
	WATER ZONE CLOSED	Lap/Spa/Walk 7:30-9p	Rec Swim 5-9p	
Lap/Spa/Walk 7:30-9p				

\*Lap/Spa/Walk is available when lessons are NOT session.

\*\*Lap/Spa/Walk is available except when Water Boot Camp is in session.

Classes listed in BLACK included with Daily, Multi and Annual Membership Passes. Classes listed in SHADED BOX require an additional fee.

Spa will be open when activities are scheduled in the pool except private rentals.

Lap Swim is available during all Rec Swim times.

Spa Maintenance will occur each Wednesday.





## DEEP WATER AEROBICS

This low-impact session workout is designed to strengthen and tone all muscle groups with maximum aerobic effort. Instructors will use resistance equipment during this class to challenge participants. Pre-registration is required.

*Location: Hickman Indoor Pool @ Hickman High School*

Activity #	Date	Time	Age	Price
101205-01	Tu,Th: Sep 14-Sep 30	5:30-6:20 pm	15+	\$40
101205-02	Tu,Th: Oct 12-Oct 28	5:30-6:20 pm	15+	\$40
101205-03	Tu,Th: Nov 9-Nov 18	5:30-6:20 pm	15+	\$28
101205-04	Tu,Th: Dec 7-Dec 16	5:30-6:20 pm	15+	\$28
101205-05	Tu,Th: Jan 11-Jan 27	5:30-6:20 pm	15+	\$40
101205-06	Tu,Th: Feb 8-Feb 24	5:30-6:20 pm	15+	\$40

**All Water Fitness classes, except specialty classes, are included with ARC Annual Memberships. Water Fitness classes, except Water Boot Camp, are geared for 15 years and older to participate.**



## LITTLE SWIMMERS PLAYTIME

Come enjoy the play structure, zero-depth area and the lazy river of the ARC Water Zone during a time specifically reserved for the little ones and an adult playmate. Day Care providers, please see our special day care swim times. Daily admission fee is required for all participants which includes all little ones (0-8yrs old) and their adult playmates. Children 8 years and under must be accompanied by an adult (16 years or older).

**Mon - Thurs 11 am – 12 pm**

**Tues & Thurs are free to ARC members only**

**\$1 for all participants**



## DAYCARE SWIM

Home daycares and daycare centers are welcome to bring their children to enjoy the play structure and zero depth area of the ARC Water Zone in a time specifically reserved for you. **Reservations are required.** Required adult to child ratios: 2 years of age 1:4, 3-5 years of age 1:6, 6 years of age and older 1:10. This activity is for ages 10 years and under with adult supervision (16 years and older).

**Tues & Thurs 10–11 am, 1-2 pm**

**\$1 for all participants**

**LIFEGUARDS** enforce rules and regulations to prevent accidents, and respond to aquatic emergencies. **PARENTS** are ultimately responsible for the safety of their children!

## Five Ways to Register:

- Online:** Go to [www.CoMo.gov](http://www.CoMo.gov)
- Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
- Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
- Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
- Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)





# COLUMBIA PARKS & RECREATION

## LEARN TO SWIM PROGRAM

Registration will be taken at the ARC located at 1701 W. Ash (874-7700) or the Parks and Recreation office located at 1 S. 7th Street (874-7460). **Registration ends at noon on the Thursday prior to the session.** After that day, participants may only register by calling the manager at the facility to determine space availability. Participants may register in person, by mail or over the phone with a Master Card or Visa. Payment at the time of registration is required.



### LEARN TO SWIM

Minimum age - 3 years old by first class. Children will be placed in class levels 1-6 by aquatic staff according to their age and previous swim experience. If your child has taken lessons with us previously, please give this information at time of registration to insure proper class placement. Instructors reserve the right to determine your child's level of performance and adjust class placement accordingly. *Location: Water Zone @ ARC (October lessons at Hickman Pool)*

Activity #	Date	Time	Age	Price
116901-01	Sa: Sep 11-Oct 2	9:10- 9:55 am	3-15	\$40
116901-02	Sa: Sep 11-Oct 2	10:10-10:55 am	3-15	\$40
116901-03	Sa: Sep 11-Oct 2	11:10-11:55 am	3-15	\$40
116901-08	Tu, Th: Sept 14-30	6:30-7:15 pm	3-15	\$48
116901-04	Tu, Th: Oct 12-Oct 28	6:30-7:15 pm	3-15	\$48
116901-09	Tu, Th: Jan 11-27	6:30-7:15 pm	3-15	\$48
116901-05	Sa: Jan 22-Feb 12	9:10-9:55 am	3-15	\$40
116901-06	Sa: Jan 22-Feb 12	10:10-10:55 am	3-15	\$40
116901-07	Sa: Jan 22-Feb 12	11:10-11:55 am	3-15	\$40

## LEARN TO SWIM COURSE DESCRIPTIONS

MINIMUM AGE: 3 YEARS BY FIRST DAY OF CLASS

LEVELS	REQUIREMENTS	SKILLS TAUGHT
<b>LEARN TO SWIM</b> (Level One) <b>STARFISH</b>	<b>None.</b> The objective of Level 1 is to help students feel comfortable in the water.	Introduction to supported floating, immersion of face into water, blowing bubbles, introduction to kicking.
<b>LEARN TO SWIM</b> (Level Two A) <b>CLOWNFISH</b>	<b>Passed Level One</b> or demonstrate equivalent skills.	Ability to show some independence in water. Introduction to basic strokes.
<b>LEARN TO SWIM</b> (Level Two B) <b>BLUEFISH</b>	<b>Passed Level Two A</b> or demonstrate equivalent skills.	Independently float, demonstrate ability to move through water. Coordinate with support kicks and arms.
<b>LEARN TO SWIM</b> (Level Three) <b>SEA TURTLES</b>	<b>Passed Level Two B</b> or demonstrate equivalent skills.	Coordinate the front crawl and back crawl; introduction to elements of butterfly; introduction to elements of breast stroke.
<b>LEARN TO SWIM</b> (Level Four) <b>STINGRAYS</b>	<b>Passed Level Three</b> or demonstrate equivalent skills.	Develop confidence in the strokes learned in previous levels; build on butterfly and breast stroke.
<b>LEARN TO SWIM</b> (Level Five) <b>DOLPHINS</b>	<b>Passed Level Four</b> or demonstrate equivalent skills.	Coordination and refinement of strokes; increase distances; flip turns.
<b>LEARN TO SWIM</b> (Level Six) <b>SHARKS</b>	<b>Passed Level Five</b> or demonstrate equivalent skills.	Refine strokes-ease, efficiency, power, smoothness of greater distances.
<b>PRIVATE SWIM LESSONS</b>	Swimmers of all levels may sign up for this class. If you're a beginner or an avid swimmer, our instructors will help you improve your skills with one-on-one supervision. Registration for these classes is on a first-come, first-served basis. The lessons are for 6 half-hour sessions. Limited times available. Price \$96	
<b>SEMI-PRIVATE SWIM LESSONS</b>	Semi-private lessons are available for a maximum of 2 participants (it is up to the individual to locate other individuals to form semi-private lessons.) Price \$125	





## ADAPTIVE SWIM

The Adaptive Instruction program is designed to provide a safe, enjoyable recreation experience for individuals who have physical disabilities, impairments or are developmentally disabled. The participation of a family member is encouraged and may be required. This course is taught in a small group format. *Location: Hickman Indoor Pool @ Hickman High School*

Activity #	Date	Time	Age	Price
116601-01	Tu,Th: Sep 14-Sep 30	7:30-8pm	3+	\$48
116601-02	Tu,Th: Oct 12-Oct 28	7:30-8pm	3+	\$48
116601-03	Tu,Th: Jan 11-Jan 27	7:30-8pm	3+	\$48
116601-04	Tu,Th: Feb 8-Feb 24	7:30-8pm	3+	\$48

## PARENT & CHILD SWIM

Infant/Toddler swim lessons for ages 6 months to 3 years. A parent must accompany the child in the water. Program is intended to help the child develop a comfort level in and around the water, as well as to provide the parent with the necessary knowledge and skills to orient the child.

*Location: Water Zone @ ARC*

Activity #	Date	Time	Age	Price
116701-01	Sa: Sep 11-Oct 2	10:10-10:40 am	6 mos-3	\$40
116701-02	Sa: Sep 11-Oct 2	11:10-11:40 am	6 mos-3	\$40
116701-03	Sa: Jan 22-Feb 12	10:10-10:40 am	6 mos-3	\$40
116701-04	Sa: Jan 22-Feb 12	11:10-11:40 am	6 mos-3	\$40

## ARE WE GOING TO HAVE CLASS

Make-up days will be scheduled the Friday following the last day of lessons only if a cancellation is made by the Parks and Recreation Department staff. There are no make up days for the ARC or lessons missed for personal reasons. Refund Policy: For information on the refund policy please see the General Information section, page 6.

*In the event of inclement weather, please call 874-7663. This is a recorded message and there will be a message updated one hour prior to the class starting time if the class is canceled.*

**Note:** Cancellations are made as soon as possible but due to changing weather conditions the time of the cancellations may vary.

## COLUMBIA SWIM CLUB

The Columbia Swim Club is the oldest and longest running swim team in Columbia. The club is a non-profit organization co-sponsored by the Columbia Parks and Recreation Department designed to promote competitive swimming in the community. The goal of the club is to introduce athletes to the fun and excitement of a life sport, improve their stroke technique and self-confidence. CSC swims year round and you can join any time. Contact a coach at Columbia Swim Club at [sarah@csctigersharks.org](mailto:sarah@csctigersharks.org) or visit <http://www.csctigersharks.org/> for more information.

## STARGUARD LIFEGUARD TRAINING

Learn first aid, CPR, oxygen administration, and how to handle incidents in a professional manner. Pre-requisites: tread water for one minute using legs only, swim 50 yards w/tube, 50 yards w/o tube continuously (front crawl or breast stroke), retrieve 10-pound object from 12 feet, access Internet (class requires online course). Test must be submitted first day of class. Age: Must be 15 by first day of course. Late fee of \$10 assessed: registration deadline is 10 days prior to start of class.

*\*Price: Free for guards employed by Columbia Parks and Recreation, \$135 for other participants*

*\*Class meets on Friday from 5p - 9pm, Saturday and Sunday from 8a - 5pm*

*\*\*Please pick up your book at the ARC front desk, 1701 West Ash Street, PRIOR TO class start date. You must also complete the online portion of the class BEFORE the first day of class. An online key code is included with your book.*

*Location: Pool @ Hickman High School*

Activity #	Date	Time*	Age	Price*
101200-01	F-Su: Mar 4-6	see above	15+	\$175



## LIFEGUARD RE-CERTIFICATION

The recertification course is offered to those currently certified lifeguarding and CPR who need to be recertified. The training and CPR certification is good for one year. Training will consist of a review of the class materials, a final skills test, and a final written test. \*The day of the class you will need to bring your certification card. Enrollment in class does not guarantee a passing grade. Please contact us directly at 874-7700 to register.

*Location: Pool @ Hickman High School*

Activity #	Date	Time	Age	Price
101201-01	Su: Mar 13	8 am- 5:30 pm	15+	\$125
101201-02	Su: Apr 10	8 am- 5:30 pm	15+	\$125





## Arts, Crafts & Leisure | Bicycle Programs

### CLASSES FOR KIDS

#### HOLIDAY CRAFT NIGHT

Join us for this fun & festive evening. Choose between a stocking, hat, or ornament and then decorate with a variety of paint, glue, and glitter that we provide. No mess, no stress. Contact Jay.Bradley@como.gov or 573-874-6379 for more info.

*Location: Armory Sports Center*

Activity #	Date	Time	Age	Price
109702-01	W: Dec. 8	5:45-6:45 pm	4+	\$7/person
109702-02	W: Dec. 15	5:45-6:45 pm	4+	\$7/person

#### CRAFTY KIDS

Every 2nd Tuesday kids can come and explore making an art project for the season. September - Back to School, October - Halloween, November - Thanksgiving, December - Christmas, January - Snowflake and February - Valentine. Call 573-817-5077 for more information.

*Location: Armory Sports Center*

Activity #	Date	Age	Time	Price
102916-01	T: Oct 11, Nov 8, Dec 13, Jan 10, Feb 8	6-8	5:45-6:45 pm	\$20

#### COLUMBIA'S YOUTH SPEAK YOUTH NEWSPAPER

This program empowers youth and teens by equipping them with important writing and social skills necessary in Journalism. Their learned skills will be used to create written, visual, and audio stories on topics such as local events and issues, pop culture, sports, politics, health and much more. Parents and other members of the community are welcome to help by volunteering. Call Mary at 817-5077 for more information.

### CLASSES FOR ADULTS

#### ONE-ON-ONE INTRO TO VOICEOVERS

Explore the voiceover industry! Discover current trends, opportunities, and tools you need to find success. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. Onetime, 90 minute, one-on-one, video-chat class! Learn more: <http://www.voicesforall.com>.

**Requirements:** Students must have Internet Access and Video Chatting capabilities using a method such as Skype (for PC/Mac users) or iChat/FaceTime (for Mac Users). Pre-registration required. After you've registered, an instructor will contact you to set up class date and time.

*Instructor: Voices For All instructor*

Activity #	Date	Age	Price
113142-01	Schedule with instructor	18+	\$49

#### DRAWING STEPHENS

Level up your drawing skills while enjoying the scenery at Stephens Lake Park. Use unconventional drawing methods and materials. Class will meet once a week in October on Thursday evenings. Supplies will be included.

*Location: Stephens Lake Park*

Activity #	Date	Age	Time	Price
102109-01	Th: Oct 7-Oct 28	18+	5:30-7:30 pm	\$25

### CLASSES FOR ADULTS

#### ADULT HANDS ON CLAY

Create your own bowls and other decorations from clay. Adults will learn the basics of clay by hand building, coiling, pinching, and glazing techniques. Build functional pieces, abstract and more.

*Location: Armory Sports Center*

Activity #	Date	Age	Time	Price
102110-01	Th: Jan 6-Jan 27	18+	5:30-7 pm	\$15

### BICYCLE PROGRAMS . . . . .

#### ADULT AND YOUTH BICYCLE EDUCATION

Are you interested in commuting by bicycle to work or school but don't know where to start? We're here to help and can accompany you on your next ride or provide personalized tips. Let us help with apparel, equipment, route planning and safe riding techniques. Contact Janet Godon (573) 441-5495 or Janet.Godon@CoMo.gov.

#### COMO BIKE CO-OP | FREE WALK-IN BICYCLE REPAIR

The CoMo Bike Co-op is a program and classroom facility located in the Armory Sports Center, 701 E Ash. Columbia Parks and Recreation manages year-round programming. Mission Statement: Increase transportation independence through bicycle ridership, especially among Columbia's most underserved individuals. Bicycle mechanics and volunteers provide general bicycle maintenance and parts including but not limited to flat/brake repair, cable adjustments, and wheel truing. Repairs are limited to supplies and tools available at the time of the repair. Assistance is limited to one bicycle per person per session. Co-op staff and volunteers assist individuals who cycle out of necessity, and who do so with well-worn bicycles that are cheap, yet priceless.

**HOURS: Open on Mondays, 2-6 pm**  
*(closed on holidays and hours are subject to change)*

#### LEARN TO BICYCLE

Young or old, there's no better time than the present to learn to ride a bicycle. Youth and adult students will spend 50 minutes of intense, yet fun, instruction on two separate days. This is all it takes for the majority of students to learn to balance, pedal and control their own bicycle. Equipment to be provided by student: helmet and bicycle that is properly fitted and in good working order (students should be able to "stand" over their bicycle flat-footed on the ground while sitting on the saddle). Details will be emailed to interested participants. Schedule varies depending on instructor's availability.

*Location: Twin Lakes Recreation Area or other park location*

Activity #	Date / Time	Age	Price
318302-01	By appointment	5+	\$50





## BICYCLE PROGRAMS . . . . .

### BICYCLE TRAIL TOUR FOR TWO

Are you new to Columbia, or just to cycling and want a personalized bicycle tour of how to get from point A to Z via CoMo trails? Grab a friend, a bicycle and your helmets and we'll wheel you away on a customized one or two-hour tour highlighting trail access locations, amenities and the places you can go by bike. Trailhead starting location and route will be determined by your needs. Registration includes a semi-private tour for up to two people. Beginner to intermediate cyclists should plan on a leisurely 8-10 miles per hour pace. After registering, allow for 7-10 days to accommodate instructor schedules. Details will be emailed to registered participants. All participants must arrive with a bicycle in good working condition as we will not have the means to provide onsite maintenance. Participants under 18 must be accompanied by an adult. We reserve the right to cancel based on forecasted weather or trail conditions.

*Location: Columbia's trails*

Activity #	Date / Time	Age	Price
318302-01	By appointment	14+	\$45 per hour

### INTRODUCTION TO ELECTRIC BICYCLES

Find out what the buzz is all about! Electric bikes augment human power and can be a great way for people to have fun, improve their health, save money, and relieve road congestion. The bikes are designed with a built-in-motor that activates either by pedaling or via throttle assistance. E-bikes make it easier to deal with obstacles such as hills and headwind while functioning just like a regular bicycle.

*Location: ARC Room B & C @ Activity & Rec Ctr*

Activity #	Date	Time	Price
118309-01	Th, Sept 9	6-7 pm	Free

#### Five Ways to Register:

- 1. Online:** Go to [www.CoMo.gov](http://www.CoMo.gov)
- 2. Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
- 3. Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
- 4. Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
- 5. Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)



### CARE Program

**Job Readiness Training + Paid Real-World Hands-On Work Experience + Mentoring + Soft Skill Development + Career Exploration = Career Readiness**

Located in the Armory Sports Center  
701 East Ash Street, 2nd Floor  
Columbia, MO 65201  
(573) 874-6300

Tonia Turner  
Administrative Assistant  
[Tonia.Turner@CoMo.gov](mailto:Tonia.Turner@CoMo.gov)

Ron Schmidt  
Supervisor  
[Ron.Schmidt@CoMo.gov](mailto:Ron.Schmidt@CoMo.gov)

<http://www.CoMo.gov> (search CARE program)  
Like us on Facebook: City of Columbia CARE Program  
Follow us on Twitter: CareColumbiaMO

### "Investing in our Youth, Investing in our Future"

The City of Columbia's Career Awareness Related Experience (CARE) program's goal is for Columbia's youth to be ready to enter the workforce and become productive, self-sufficient citizens. Since 1982, the CARE program has provided comprehensive services for Columbia's youth that include:

- job readiness training
- paid real-world hands-on work experience
- mentoring
- soft skill development
- career exploration

The CARE program hires 14- to 20-year-olds who live in the City of Columbia, MO and/or attend a Columbia, MO school and places them at local businesses, where they gain much needed real-world hands-on work experience while getting paid. One hundred percent of the trainees' wages are paid by CARE, which is administered through the Columbia Parks and Recreation Department.





CARE

## CARE'S SUMMER TRAINEE PROGRAM

CARE's Summer Program offers a six-week program in which approximately 125 14 to 20-year-old trainees are hired at just under minimum wage to work up to 25 hours per week at local work sites.

Summer program applications are available November 1 through February 28; however, applicants are **STRONGLY ENCOURAGED** to apply online as early as possible. To apply, visit: <https://www.gocomojobs.com/postings/search> (search for CARE Summer Trainee).

## CARE/CITY UTILITIES SUMMER INTERNSHIP

The CARE program offers a ten-week summer program in which approximately 20 16- to 20-year-old interns are hired at minimum wage to work up to 28 hours per week for one of the following areas:

- Sewer and Stormwater
    - Engineering & Maintenance
  - Solid Waste
    - Administration & Landfill
  - Water & Light
    - Electric Distribution
    - Electric Production
    - Engineering
    - Utility Services
    - Water Distribution
    - Water Production
- Available internships include:
    - Administration, Data Entry Intern, Engineering Intern, Grounds Maintenance Intern, Maintenance Mechanic Intern, Operator Intern and Sewer and Stormwater Intern

CARE/City Utilities Internship applications are available March 1 through April 15; however, applicants are **STRONGLY ENCOURAGED** to apply online as early as possible. To apply, visit: <https://www.gocomojobs.com/postings/search> (search for CARE/City Utilities Intern).

## FREE APPLICATION/INTERVIEW ASSISTANCE

From October 1 through February 28, CARE staff and volunteers are available to provide its applicants one-on-one assistance with:

- Applying online
- Making resumes and cover letters
- Obtaining letters of recommendation
- Practice interviewing

To schedule free application/interview assistance, contact Tonia Turner at [Tonia.Turner@CoMo.gov](mailto:Tonia.Turner@CoMo.gov) or (573) 874-6300.

## CARE PROGRAM SEEKING PAID EMPLOYMENT SUPPORT WORKERS

CARE employment support workers may work between five and 28 hours per week from February to August. Employment support worker schedules are flexible with daytime, evening, and weekend hours available. They may work during the spring and summer, just the spring, or just the summer (depending upon their availability).

Duties include:

- Assist applicants:
  - apply for trainee positions online
  - make resumes and cover letters
  - learn how to get letters of recommendation
  - with practice interviewing
- Schedule interviews
- Co-interview (with another interviewer) and score interviews
- Assist trainees with new hire paperwork
- Help conduct job readiness training
- Help conduct orientations
- Help with work site placement
- Support youth employees at their work sites
- Score surveys, compile survey results, compile pre-test/post-test results, and assist with the assembling of the annual report
- Recruit new work sites for the next summer

CARE employment support worker applications are available beginning in January of each year; however, applicants are **STRONGLY ENCOURAGED** to apply online as early as possible. To apply, visit: <https://www.gocomojobs.com/postings/search> (search for CARE Employment Support Worker). For more information regarding becoming a CARE employment support worker, contact Ron Schmidt at [Ron.Schmidt@CoMo.gov](mailto:Ron.Schmidt@CoMo.gov) or (573) 874-6300.

## CARE PROGRAM SEEKING UNPAID INTERNS & VOLUNTEERS

Each semester, the CARE program benefits greatly from "employing" many unpaid interns/volunteers, and in return offers them many great learning experiences, such as working with a government agency, social services programming, and diverse populations. CARE internships offer a balance of working hands-on with youth and administrative work.

EMPLOYMENT SUPPORT INTERN/VOLUNTEER	
Duties	<ul style="list-style-type: none"><li>• Assist applicants:<ul style="list-style-type: none"><li>- apply for trainee positions online (late fall and early spring)</li><li>- make resumes and cover letters (late fall and early spring)</li><li>- learn how to get letters of recommendation (late fall and early spring)</li><li>- with practice interviewing (late fall and early spring)</li></ul></li></ul>
	<ul style="list-style-type: none"><li>• Schedule interviews (early spring)</li></ul>
	<ul style="list-style-type: none"><li>• Co-interview (with another interviewer) and score interviews (early spring)</li></ul>
	<ul style="list-style-type: none"><li>• Assist trainees with new hire paperwork (spring)</li></ul>
	<ul style="list-style-type: none"><li>• Help conduct job readiness training (spring)</li></ul>
	<ul style="list-style-type: none"><li>• Help conduct orientations (late spring)</li></ul>
	<ul style="list-style-type: none"><li>• Help with work site placement (late spring)</li></ul>
	<ul style="list-style-type: none"><li>• Support youth employees at their work sites (summer)</li></ul>
	<ul style="list-style-type: none"><li>• Score surveys, compile survey results, compile pre-test/post-test results, and assist with the assembling of the annual report (fall)</li></ul>
	<ul style="list-style-type: none"><li>• Recruit new work sites for the next summer (fall and spring)</li></ul>
PHOTOGRAPHY/VIDEO/SOCIAL MEDIA INTERN/VOLUNTEER	
Duties	<ul style="list-style-type: none"><li>• Take photos of trainees, work site supervisors, and employment support workers for social media, brochures, and fliers</li></ul>
	<ul style="list-style-type: none"><li>• Make videos of trainees, work site supervisors, and employment support workers</li></ul>
	<ul style="list-style-type: none"><li>• Assist with social media</li></ul>
WRITING/SOCIAL MEDIA INTERN/VOLUNTEER	
Duties	<ul style="list-style-type: none"><li>• Write short articles/stories revolving around CARE trainees at their work sites</li></ul>
	<ul style="list-style-type: none"><li>• Assist with social media</li></ul>
ASSESSMENT/OUTCOMES INTERN/VOLUNTEER	
Duties	<ul style="list-style-type: none"><li>• Find and document assessment tools, program evaluations, pre-tests/posttests, participant surveys, measurable objectives, outcomes, and outputs similar programs (work experience, mentoring, career exploration, job readiness, and/or soft skill development).</li></ul>
	<ul style="list-style-type: none"><li>• What are other similar programs doing to measure their effectiveness?</li></ul>
	<ul style="list-style-type: none"><li>• Develop a list of measurable OUTCOMES (not outputs) for a summer employment program for teenagers.</li></ul>
	<ul style="list-style-type: none"><li>• How can we track our trainees long term to see how they are doing years later?</li></ul>

For more information regarding becoming  
a CARE intern or volunteer, contact  
Ron Schmidt at [Ron.Schmidt@CoMo.gov](mailto:Ron.Schmidt@CoMo.gov) or (573) 874-6300.





### Want to MAKE A DIFFERENCE while getting FREE Labor?

The City of Columbia's CARE program hires local teenagers and places them at area businesses, where they gain much needed real-world hands-on work experience while getting paid.

CARE depends on partnerships with area companies (work site partners) to provide the work sites for its trainees; however, 100% of the trainees' wages are paid by CARE, which is administered through the Columbia Parks and Recreation Department.

Work site partners are investing in our future by investing in our youth, while at the same time receiving free labor. The youth trainees gain valuable employment experience and soft skills while earning a paycheck. CARE is a win-win-win situation for the trainees, the work site partners, and the Columbia community as a whole.

For more information regarding becoming a CARE summer work site partner, contact Ron Schmidt at Ron.Schmidt@CoMo.gov or (573) 874-6300.

## COMPUTERS/ONLINE CLASSES . . . . .



### OPEN COMPUTER LAB

For youth and adults. Do your homework, check your email, create documents, surf the Internet, and play online or offline games. Use is first-come first-serve.

Location: Computer Lab @ Armory Sports Center

Class #	Date	Time	Age	Price
Drop In	M-F	8 am-2 pm	18+	\$5/month or \$1/use

## ONLINE CLASSES WITH CREATE & LEARN



### SCRATCH NINJA 1 + 2

Developed by MIT, this is a great introduction to computer programming. Learn core computer science and coding concepts such as loop, conditional, motion and sensing. Work on a project in each session, ranging from animation, games to graphic design, storytelling and more. Pre-registration required.

Location: Online with live instructor

Activity #	Date	Time	Age	Price
113921-01	Sa: Sept 18-Nov 6	11 am	Grades 2nd-5th	\$150
113921-02	T: Jan 18-Mar 8	6 pm	Grades 2nd-5th	\$150

### CIRCUIT WIZARDS ARDUINO FOR KIDS, UNITS 1+2

Learn how to create circuits, use resistors, and get introduced to Ohm's law, while building a series of cool projects and experiments. Code Arduino to start building smart devices that can sense their environment and respond accordingly. Then build more sophisticated circuits for smart devices, code breakers, and games using Arduino as you learn more advanced electronic concepts. Pre-registration required.

Location: Online with live instructor

Activity #	Date	Time	Age	Price
113921-03	Sa: Sept 25-Nov 13	12:30 pm	Grades 4th-8th	\$150
113921-04	M: Jan 17-Mar 7	6 pm	Grades 4th-8th	\$150

### MOBILE CODING FOR APPS 1 + 2

Every year, billions of apps are downloaded, however building high quality mobile apps has been beyond reach to younger coders...but not anymore! Learn the basics of the mobile programming environment and how to code your very own apps. Explore how to employ text, device sensors and even the camera to build projects and games involving image recognition, word games, riddles and more. Pre-registration required.

Location: Online with live instructor

Activity #	Date	Time	Age	Price
113921-05	Sa: Sept 18-Nov 6	11 am	Grades 4th-8th	\$150
113921-06	W: Jan 19-Mar 9	6 pm	Grades 4th-8th	\$150







## Dance, Cheerleading & Tumbling | Fencing and Martial Arts

### CLASSES FOR YOUTH

#### DANCE, TUMBLE AND CHEER

Learn upbeat jazz dance moves, exciting cheers, tumbling and basic ballet skills all in one fun class! Pre-registration required.

*Location: Moss Bldg Room B @ Waters-Moss*

*Instructor: Carrie Burns*

Activity #	Date	Time	Age	Price
105701-01	W: Oct 20-Nov 3	6-7 pm	4-8	\$35

#### LITTLE BULLDOGS CHEER AND DANCE

For boys and girls interested in learning different styles of dances and cheer routines. This is a great class where boys and girls can get some exercise, meet new friends and have fun dancing and cheering. For more information or if you want to coach please contact Mary Dewey at [Mary.Dewey@como.gov](mailto:Mary.Dewey@como.gov) or call 817-5077.

*Location: Armory Sports Center*

Activity #	Date	Time	Age	Price
N/A	Tu: Aug 31-Nov 16	4:30-5:30 pm	5-12	Free

### CLASSES FOR TEENS & ADULTS

#### BALLROOM, SWING & COUNTRY DANCE

Get a taste of Ballroom, Swing and Country dance all in one fun class! Learn the basics of all three, including footwork and some breaks and turns. Please sign up with a partner. Pre-registration required.

*Location: Moss Bldg Room B @ Waters-Moss*

*Instructor: Carrie Burns*

Activity #	Date	Time	Age	Price
105101-01	Th: Jan 26-Feb 9	6-7 pm	18+	\$35

#### TAPPERCISE



Tap for fun and exercise! Learn as you move with nonstop dancing for a workout that doesn't feel like exercise. Tap shoes recommended, but not required. Pre-registration required.

*Location: Hillcrest Room D @ Waters-Moss*

*Instructor: Pat Schreiner*

Activity #	Date	Time	Age	Price
105212-01	Tu: Aug 17-Sep 21	5:30- 6:15 pm	16+	\$35
105212-02	Tu: Sep 28-Nov 2	5:30- 6:15 pm	16+	\$35

### FENCING & MARTIAL ARTS . . . . .

### CLASSES FOR YOUTH

#### INTRO TO FOIL FENCING

Stay healthy in body and mind, and have fun while exercising! Brief history, hand and body positions, lunges, attacks, parries, and strategy will be emphasized. Fun class for a child and parent, or the whole family!

Fencing jacket and equipment provided for use in class. Pre-registration required.

*Location: Moss Bldg. Room B @ Waters-Moss*

*Instructor: John Konzal*

Activity #	Date	Time	Age	Price
106901-01	Th: Aug 26-Sep 30	6-8 pm	10-adult	\$48
106901-02	Th: Oct 7-Nov 11	6-8 pm	10-adult	\$48

#### JUDO

Learn traditional Judo, Freestyle Judo and grappling, including throwing, ground work and submissions. Join DDD Judo Mid-MO for fun, fitness and self-defense, in this class for all ages and skill levels. DDD Judo Mid-MO is a registered AAU Judo club, active for 24 years, offering instructional classes in coordination with Columbia Parks and Recreation. Call or text Sensei Heitmann with questions at (816) 806-2113. Pre-registration required.

*Location: Hillcrest Room D @ Waters-Moss*

*Instructor: Sensei Chris Heitmann*

Activity #	Date	Time	Age	Price
111301-01	M/W: Month of Sept*	6-7:30pm	5-adult	\$45
111301-02	M/W: Month of Oct	6-7:30pm	5-adult	\$45
111301-03	M/W: Month of Nov*	6-7:30pm	5-adult	\$45
111301-04	M/W: Month of Dec*	6-7:30pm	5-adult	\$45
111301-05	M/W: Month of Jan	6-7:30pm	5-adult	\$45
111301-07	M/W: Month of Mar	6-7:30pm	5-adult	\$45

\*No class 9/6, 11/24, 12/27, 12/29

#### AIKIDO FOR KIDS

Learn confidence without aggression, and balance and coordination through patience and discipline. Both fun and physical, Aikido encourages harmony in the face of violence using redirection and fluid motion to end conflict both physically and verbally. Pre-registration required.

*Location: Moss Bldg. Room A @ Waters-Moss*

*Instructor: Daniel Golian*

Activity #	Date	Age	Time	Price
111906-01	Sa: Sep 11-Oct 16	10-13	9:30-10:30 am	\$37
111906-02	Sa: Sep 11-Oct 16	6-9	10:45-11:45 am	\$37
111906-03	Sa: Oct 23-Dec 4*	10-13	9:30-10:30 am	\$37
111906-04	Sa: Oct 23-Dec 4*	6-9	10:45-11:45 am	\$37
111906-05	Sa: Dec 11-Jan 29*	10-13	9:30-10:30 am	\$37
111906-06	Sa: Dec 11-Jan 29*	6-9	10:45-11:45 am	\$37
111906-07	Sa: Feb 12-Mar 19	10-13	9:30-10:30 am	\$37
111906-08	Sa: Feb 12-Mar 19	6-9	10:45-11:45 am	\$37

\*No class 11/27, 12/25, 1/1





## Fencing and Martial Arts

### CLASSES FOR YOUTH

#### BEGINNING TAE KWON DO



Begin learning some of the basic hand and foot techniques of this martial art of self-defense. Develop self-confidence, discipline, coordination, balance and all-around physical fitness. Wear comfortable clothes that you can kick in. Uniform is required after first 6-week session. Belt testing fees paid separately. Pre-registration required.

Location: Moss Bldg. Room A @ Waters-Moss  
Instructor: Jim Givens

Activity #	Date	Time	Age	Price
111302-01	Tu, Th: Sep 7-Oct 14	6- 7 pm	7-adult	\$55
111302-02	Tu, Th: Oct 19-Dec 2*	6- 7 pm	7-adult	\$55
111302-03	Tu, Th: Jan 4-Feb 10	6- 7 pm	7-adult	\$55
111302-04	Tu, Th: Feb 22-Apr 7*	6- 7 pm	7-adult	\$55

\*No class 11/23, 11/25, 3/29, 3/31

#### ADVANCED TAE KWON DO

Continue refining the basics and begin learning some of the advanced hand and foot techniques of this martial art of self-defense. Develop self-confidence, discipline, coordination, balance and all-around physical fitness. Typically, students are ready for this class after about 6 months of study in the Beginning Tae Kwon Do class, after reaching yellow belt. Uniform is required. Belt testing fees paid separately. Pre-registration required.

Instructor: Jim Givens

Location: Moss Bldg. Room A @ Waters-Moss

Activity #	Date	Time	Age	Price
111304-01	Tu, Th: Sep 7-Oct 14	7- 8 pm	7-adult	\$55
111304-02	Tu, Th: Oct 19-Dec 2*	7- 8 pm	7-adult	\$55
111304-03	Tu, Th: Jan 4-Feb 10	7- 8 pm	7-adult	\$55
111304-04	Tu, Th: Feb 22-Apr 7*	7- 8 pm	7-adult	\$55

\*No class 11/23, 11/25, 3/29, 3/31

#### BEGINNING SHORIN-RYU KARATE

Shorin-Ryu Okinawan style karate is a very serious martial art form. The practice of karate develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence. Shorin-Ryu Karate Free class and approval from instructor is a prerequisite for joining this class. Purchase of a gee is required.

Instructor: Ray Walker

Location: Aerobic Room @ Armory Sports Center

Activity #	Date	Time	Age	Price
111905-01	M, Th: Aug 16-Oct 7*	7-7:40 pm	7-14	\$75
111905-02	M, Th: Oct 11-Dec 9	7-7:40 pm	7-14	\$75
111905-03	M, Th: Jan 6-Feb 24	7-7:40 pm	7-14	\$75
111905-04	M, Th: Feb 28-Apr 28	7-7:40 pm	7-14	\$75

\*No class 9/6, 11/25, 11/27, 1/17, 3/28, 3/31

#### ADVANCED SHORIN-RYU KARATE

The practice of karate develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence. Shorin-Ryu Karate beginning class and approval from instructor is a prerequisite for joining this class. Purchase of a gee is required.

Instructor: Ray Walker Location: Aerobic Room @ Armory Sports Center

Activity #	Date	Time	Age	Price
111902-01	M, Th: Aug 16-Oct 7*	7:40-8:20 pm	7-14	\$75
111902-02	M, Th: Oct 11-Dec 9	7:40-8:20 pm	7-14	\$75
111902-03	M, Th: Jan 6-Feb 24	7:40-8:20 pm	7-14	\$75
111902-04	M, Th: Feb 28-Apr 28	7:40-8:20 pm	7-14	\$75

\*No class 9/6, 11/25, 11/27, 1/17, 3/28, 3/31

#### FREE SHORIN-RYU KARATE

Shorin-Ryu Okinawan style karate is a very serious martial art form. The practice of karate develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence. This is a free class. Enrollment is limited so sign up early! This class must be completed before enrolling in Beginning levels Shorin-Ryu class.

Location: Armory Downstairs Classroom @ Armory Sports Center

Activity #	Date	Age	Time	Price
111900-01	M: Aug 23-Sept 27*	7-11	6:30-7 pm	Free
111900-02	M: Oct 4-Nov 1	7-11	6:30-7 pm	Free
111900-03	M: Nov 8-Dec 13	7-11	6:30-7 pm	Free
111900-04	M: Jan 24-Feb 21	7-11	6:30-7 pm	Free

\*No class 9/6

### CLASSES FOR TEENS AND ADULTS

See other classes for adults in youth section

#### AIKIDO

Learn how to relax, not fight, when conflict occurs. Aikido uses the principle of non-resistance, therefore strength is not a pre-requisite, making Aikido useful to women, men, and older people alike as an effective means of self-defense. Pre-registration required.

Location: Moss Bldg. Room A @ Waters-Moss

Instructor: Daniel Golan

Activity #	Date	Time	Age	Price
111204-01	M,W: Month of Sept*	6- 8 pm	15+	\$45
111204-02	M,W: Month of Oct	6- 8 pm	15+	\$45
111204-03	M,W: Month of Nov*	6- 8 pm	15+	\$45
111204-04	M,W: Month of Dec*	6- 8 pm	15+	\$45
111204-05	M,W: Month of Jan	6- 8 pm	15+	\$45
111204-06	M,W: Month of Feb	6- 8 pm	15+	\$45
111204-07	M,W: Month of Mar	6- 8 pm	15+	\$45

\*No class 9/6, 11/24, 12/27, 12/29

#### FREE TEEN AND ADULT SHORIN-RYU KARATE

Would you like to try Shorin-Ryu Karate for free? Sign up for this one time session class. Enrollment is limited so sign up early!

Instructor: Ray Walker

Location: Aerobic Room @ Armory Sports Center

Activity #	Date	Time	Age	Price
111208-01	M: Aug 16-Oct 7	8:15-8:55 pm	15+	Free
111208-02	M: Oct 11-Dec 9	8:15-8:55 pm	15+	Free

\*No class 9/6





## Fencing and Martial Arts

### CLASSES FOR TEENS AND ADULTS

#### TEEN AND ADULT SHORIN-RYU KARATE

The practice of karate develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self confidence. Shorin-Ryu Karate Beginner Level class and approval from instructor is a prerequisite for joining this class. For information email Sensei Walker at [rwalker@amfam.com](mailto:rwalker@amfam.com).  
*Instructor: Ray Walker*

*Location: Aerobic Room @ Armory Sports Center*

Activity #	Date	Time	Age	Price
111200-01	M,Th: Aug 16-Oct 7*	8-9:20 pm	15+	\$75
111200-02	M,Th: Oct 11-Dec 9*	8- 9:20 pm	15+	\$75
111200-03	M,Th: Jan 6-Feb 24*	8- 9:20 pm	15+	\$75
111200-04	M,Th: Feb 28-Apr 28*	8-9:20 pm	15+	\$75

\*No class 9/6, 11/25, 11/27, 1/17, 3/28, 3/31

#### TAI CHI

Tai Chi is a form of martial art that is graceful, slow-moving exercise system that promotes muscle relaxation and flexibility which will reducing the physical tension and strain. Tai Chi also helps with the improving your balance and coordination and decrease your stress level. Please call 874-6379 before joining.

*Location: Gym @ Armory Sports Center*

Activity #	Date	Time	Age	Price
Drop In	M,W,F	8:30-9:30 am	18+	Free

#### QIGONG

Qigong is a lifestyle that helps harnesses energy from special movements, breathing methods and uses specific foods to reverse specific diseases. Everyone has a healing hand and anyone can benefit with practice. Qigong learning form, postures and movements promotes longevity and balance. Call 817-5077 for more information.

*Location: Aerobics Room @Armory Sports Center*

Activity #	Date	Time	Age	Price
Drop in	Tues	8:30-9:30 am	18+	Free

#### KORYO GUMDO

Defined as the way of the Korean sword, Koryo Gumdo is similar to Haidong Gumdo and Japanese Kendo. Koryo Gumdo is a beautiful martial art involving the use of the long sword, the same one used by the ancient Samurai and Hwarang warriors. Mixing traditional and modern sword techniques, it is a graceful, but powerful martial art with rich philosophy. Koryo Gumdo is a fantastic form of exercise and mental training. Learn cuts, blocks, stances and the philosophy behind the use of the sword. Contact [benjamin@theasbecks.net](mailto:benjamin@theasbecks.net) for questions and about required equipment. Pre-registration required.

*Location: Moss Bldg Room B @ Waters-Moss*

*Instructor: Benjamin Asbeck*

Activity #	Date	Time	Age	Price
111207-01	Tu: Aug 24-Sep 14	6- 7 pm	13+	\$39
111207-02	Tu: Sep 21-Oct 12	6- 7 pm	13+	\$39
111207-03	Tu: Oct 19-Nov 9	6- 7 pm	13+	\$39
111207-04	Tu: Nov 16-Dec14*	6- 7 pm	13+	\$39
111207-05	Tu: Jan 4-Jan 25	6- 7 pm	13+	\$39
111207-06	Tu: Feb 1-Feb 22	6- 7 pm	13+	\$39
111207-07	Tu: Mar 1-Mar 22	6- 7 pm	13+	\$39

\*No class 11/23



#### INTERMEDIATE KORYO GUMDO

Continue to improve and build on the skills you've learned, and move on to more advanced material. Must have taken the Beginning Koryo Gumdo class and been recommended by instructor to enroll in the Intermediate class. Pre-registration required.

*Instructor: Benjamin Asbeck*

*Location: Moss Bldg Room B @ Waters-Moss*

Activity #	Date	Time	Age	Price
111209-01	Tu: Aug 24-Sep 14	7-8 pm	13+	\$39
111209-02	Tu: Sep 21-Oct 12	7-8pm	13+	\$39
111209-03	Tu: Oct 19-Nov 9	7-8 pm	13+	\$39
111209-04	Tu: Nov 16-Dec 14*	7-8 pm	13+	\$39
111209-05	Tu: Jan 4-Jan 25	7-8 pm	13+	\$39
111209-06	Tu: Feb 1-Feb 22	7-8 pm	13+	\$39
111209-07	Tu: Mar 1-Mar 22	7-8pm	13+	\$39

\*No Class: 11/23

#### SUN STYLE TAIJIQUAN

This style of Tai Chi developed by Sun Lu Tang is one of the five main styles of Taijiquan. It synthesizes the three main styles of Chinese internal martial arts- Xingyiquan, Baguazhang, and Taijiquan. Classes will be taught by Dan Miller. Call 817-5077 for more information.

*Location: Aerobics Room @ Armory Sports Center*

Activity #	Date	Time	Age	Price
Drop in	Thurs	8:30-9:30 am	18+	Free





## FITNESS AND EXERCISE . . . . .

### CLASSES FOR YOUTH

#### YOUTH PARTICIPANTS AT THE ARC

If an individual is 11 or older, he/she may utilize the facility without adult supervision, except in adult cardio/strength zones and Group Exercise Land classes (14 & up without supervision and ages 12-13 once they have completed orientation with supervision). Children 10 years of age or younger, must be accompanied and supervised by a paying adult (16 or older). Youth Training room is available. For parents or guardians participating in another activity and unable to supervise their children, our Kid Zone is available.

#### BYOBW

Bring Your Own Big Wheel! Riders can bring their fanciest Big Wheel or tricycle and cruise the ARC Track. Prizes and awards will be given to all riders and mileage recorded. Don't forget your camera! Big Wheels and tricycles must be clean and approved by event staff. Believe it or not, some riders have ridden as much as 5 miles. Absolutely no bicycles.

Note: for the Oct. 30 event, wear your Halloween costume!

Location: ARC Track

Activity #	Date	Time	Age	Price
107932-01	Sa: Oct 30	9-10:30 am	2-6	\$5
107932-02	Sa: Feb 12	9-10:30 am	2-6	\$5

#### CARDIO/STRENGTH PLUS YOUTH ORIENTATION

This one-hour class is designed to instruct members on how to utilize the Cardio/Strength Training Zone equipment. Certified staff will instruct proper techniques for using equipment as well as muscle groups being utilized. Training goals, safety, and exercise tips will also be available. Minimum age requirement for 2nd floor equipment (excluding track) is 14 years of age without parent. 12-13 year olds must take orientation class and have parent supervision. Pre-registration is required.

Location: ARC

Activity #	Date	Time	Age	Price
107231-06	M: Jan 10	5:30-6:30 pm	12+	\$10
107231-07	W: Sep 22	5:30-6:30 pm	12+	\$10
107231-08	Tu: Oct 19	5:30-6:30 pm	12+	\$10
107231-09	Th: Nov 18	5:30-6:30 pm	12+	\$10
107231-10	W: Dec 15	5:30-6:30 pm	12+	\$10
107231-11	Tu: Feb 8	5:30-6:30 pm	12+	\$10

#### YOUTH TRAINING ROOM

Monday-Friday 5:30 am – 9:30 pm  
Sat 7 am-6 pm  
Sun 9 am- 6 pm

\* Scheduled classes will be posted and will take priority over drop-in use

### CLASSES FOR TEENS AND ADULTS

#### PERSONAL TRAINING

This service is specially customized to meet the client's goals and needs. Who needs a personal trainer? People who are performing exercises, but aren't sure their technique is the most effective and safe. People who have the desire to work out, but don't know where to start or how to design a training plan. People who would like to be shown alternatives to their current exercises. Individuals who would like the extra motivation that comes from being directed through a routine by a qualified instructor. No matter what your reason, qualified staff will help you reach your personal goal. Fill out a personal training information form at the ARC Guest Services Desk and we will set up an appointment.

##### Individual Session/Workout Design

1 \$45 ARC Annual Member, \$55 Non-Member

##### Individual Packages (3, 6, & 12 Sessions)

3 \$120 ARC Annual Member, \$150 Non Member

6 \$220 ARC Annual Member, \$280 Non-Member

12 \$395 ARC Annual Member, \$540 Non-Member

##### Couple Sessions (3, 6, & 12 Sessions)

3 \$165 ARC Annual Member, \$195 Non-Member

6 \$300 ARC Annual Member, \$360 Non-Member

12 \$540 ARC Annual Member, \$660 Non-Member

##### Group Sessions (3, 4, or 5 participants)

6 3 participants, \$120 each

4 participants, \$100 each

5 participants, \$85 each

12 3 participants, \$218 each

4 participants, \$180 each

5 participants, \$155 each

#### ADULT BOOT CAMP

A six-week back to the basics class for people seriously committed to improving their health and fitness. Class combines cardiovascular activities with resistance training for a fun, group workout. You will never have a dull moment in this fast-paced, individually challenging class. Even in this group class environment, each individual is challenged at his or her own level and pushed to their potential. Workouts are held in various environments such as outdoors, open gymnasium, weight room, etc. Lose inches, tone up, and feel better. Shock your body and get the results you deserve! Preregistration required. ARC Members receive a \$15 discount - call 874-7700. (Join one day each week for \$54) Day care not included.

Location: ARC

Activity #	Date	Time	Age	Price
107232-01	Tu,Th: Sep 7-Oct 14	9:15-10:15 am	18+	\$100
107232-02	Tu,Th: Oct 19-Nov 30*	9:15-10:15 am	18+	\$100
107232-03	Tu,Th: Dec 7-Jan 13	9:15-10:15 am	18+	\$100
107232-04	Tu,Th: Jan 18-Feb 24	9:15-10:15 am	18+	\$100
107232-05	Tu,Th: Mar 1-Apr 7	9:15-10:15 am	18+	\$100

\*No class 11/25





## Fitness and Exercise

### CLASSES FOR TEENS AND ADULTS (CONTINUED)

#### MINI-WORKOUT PROGRAM AT THE ARMORY

Come in and take advantage of our Nautilus multi-station unit, treadmills, elliptical machines, recumbent and stationary bicycles, free-weights and other workout equipment. For those who like to work independently, this is an ideal place to be. A locker can be rented for \$5 for the 8 weeks of your membership. Call 874-7460 or 874-6378 for more information and to register. *Location: Workout Room @ Armory Sports Center*

Activity #	Date	Time	Age	Price
Drop In	M-F	8 am-7 pm	16+	\$20 per 8-week membership or \$2 per use

#### INTRO TO YOGA

This 6 week introductory class will focus on the basics of yoga. This includes poses to increase flexibility and strength. All levels of experience are welcome. This class is free, but advanced registration is required due to limited space. Please bring your own yoga mat if possible. Contact 573-874-6379, or email Jay.Bradley@como.gov for more information.

*Location: Armory Sports Center*

Activity #	Date	Time	Age	Price
107307-01	M: Sep 13-Oct 18	6-7 pm	12+	Free

#### THANKSGIVING PREPARATION AT THE ARC

We understand it's hard to resist all the fattening food and over eating temptations around this holiday. That's why we want to assist you back into the gym afterwards and knock out the guilt. During the week of Thanksgiving Nov. 24-30, we will be offering a free training session when you purchase a 12 session package at \$395.

#### SPRING BREAK P.T. PREP AT THE ARC

Limited to the week of Feb 20-26 for purchasing packages. Purchase a 12 Session Personal Training Package at \$360 (\$35 discount) and receive an Inbody 230 body composition analyzer test free. We're here to help you through the process of setting goals and obtaining them. Don't put on that bathing suit without looking and feeling your best! This gives you a full month/3 days a week of trimming, toning, and shaping!

#### INBODY 230

Body Composition analyzer of direct segmental multi-frequency bioelectrical impedance method. Measures weight, total body water, intracellular & extracellular water, lean body mass, dry lean mass, body fat mass, skeletal muscle mass, BMI, percent body fat, segmental lean mass (right & left arm, trunk, and right & left leg), fat control, lbm control, and basal metabolic rate. Customized user information sheets are printed for an easy understanding of your results. Sign up at the ARC Guest Services Desk.

\$12	ARC Annual Member
\$15	Non-Member

#### MID MISSOURI WEIGHTLIFTING CLUB

Join our registered USAW club and train under coaches with National and International experience. We are striving to build national level lifters as well as teach the mechanics of the Sport of Weightlifting to those striving to reach their goals. We have multi-national champions and many lifters who have achieved Top Ten placings in National level competitions. Call Brian at the ARC at 573-874-7720 or email brian.higginbotham@como.gov. No fees to join or practice during team sessions other than being a member or paying the daily fee. Personal one to one sessions do have a fee assessed as well as writing programs.

#### ARC GROUP EXERCISE "SPECIALTY CLASS" PASS

Purchasing a multi pass will allow you to attend any of the Spinning, Yoga, Pilates, or Domination classes.

Choose from 5, 10, or 20 session punch cards. You can also purchase a single session pass. Purchase your selected pass at the ARC Guest Services Desk. Instructors will punch your card as you utilize your visits. You may purchase passes at any time.

1	\$4 ARC Member, \$6 Non-Member
5	\$18.75 ARC Member, \$28.75 Non-Member
10	\$32.50 ARC Member, \$52.50 Non-Member
20	\$60 ARC Member, \$100 Non-Member

### ARC GROUP EXERCISE DESCRIPTIONS

#### ABLE WORKOUT-

Abs, Butt, & Leg Energizer. This Pilates style mat workout will target your abdominals, glutes, inner/outer thighs, hamstrings, and more. No equipment! Just your own bodyweight and a mat to improve strength, flexibility, and body awareness.

#### BODY CONDITIONING-

Designed to improve muscular strength and endurance, focusing on all major muscle groups. An excellent addition to your cardiovascular workout.

#### CARDIO/CORE COMBO-

60 minute class with a combination of aerobic fitness and core conditioning. Abdominals, obliques, and low back make-up the core with additional work around the hips.

#### CARDIO SCULPT-

Elements of ballet, yoga and pilates while intermixing cardio intervals. Target main muscle groups while fine-tuning arms, thighs, glutes, & core. High and low impact options make this class perfect for experienced and beginner participants!

#### FUNCTIONAL FITNESS-

Low impact cardio, strength training and stretching will prepare your body to handle real-life occurrences. By targeting core stability and balance, functional fitness prepares your body to perform in a variety of common situations. The key is activating smaller stabilizer muscles not used in other forms of exercise. Also, emphasis is placed on working several areas of the body at once, rather than isolating a particular muscle or group of muscles.

#### KNOCKOUT-

Martial Arts inspired, high energy cardio workout. Go for the K.O. in every class and win the fight!

#### MONDAY MIXER-

A mix of all your favorite cardio and strength classes

#### POWER PUMP -

Tone and strengthen your body in no time! Resistance training is a perfect way to increase your metabolism and burn calories. We will use the bar and free weights to achieve our personal goals while letting the power of the music take you through a full body workout that leaves you feeling powerful and strong!

#### SILVER SNEAKERS- CARDIO CIRCUIT-

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography.





## ARC GROUP EXERCISE SCHEDULE (AUGUST 15-MARCH 12)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Body Conditioning 8-9a	**Spin 5:45-6:35a	Body Conditioning 8-9a	**Spin 5:45-6:35a	Body Conditioning 8-9a	**Spin 9:30-10:30a	
*Silver Sneakers Cardio Circuit 8-9a	Zumba 8-9a	*Silver Sneakers Cardio Circuit 8-9a	Zumba 8-9a	*Silver Sneakers Cardio Circuit 8-9a	Cardio/Core Combo 9:30-10:25a	
*Silver Sneakers Classic 9:15-10:15a	*Silver Sneakers Yoga 9:15-10:15a	*Silver Sneakers Classic 9:15-10:15a	Silver Sneakers Yoga 9:15-10:15a	*Silver Sneakers Classic 9:15-10:15a	Body Conditioning 10:30-11:25a	
Tabata 9:15-10:15a	Functional Fitness 9:15-10:15a	ABLE Workout 9:15-10:15a	Functional Fitness 9:15-10:15a	Zumba Toning 9:15-10a	Zumba 11:30a-12:30p	
**Spin 9:30-10:30a	Vin-Yin Yoga 10:30-11:30a	**Spin 9:30-10:30a	Zumba 4:15-5:15p	Spin 9:30-10:30a		SUNDAY
Zumba 4:15-5:15p	Body Conditioning 4:45-5:40p	**Spin/Fusion 5:30-6:30p		Vin-Yin Yoga 10:30-11:30a		
**Spin 5:30-6:30p	Strong 5:45-6:40p		**Spin 5:30-6:30p	Zumba 4:15-5:15p		
Step Combo 5:30-6:25p	Zumba 6:45-7:45p	Knockout 5:30-6:25p	Cardio Sculpt 5:45-6:35p		Zumba 4:15-5:15p	
To The Core 6:30-7p		Power Pump 6:30-7:15p				
Monday Mixer 7-8p		Zumba 7:20-8:20p				Vin-Yin Yoga 4:30-5:30p

*Yoga and Spin are "Specialty Classes" that require a pass.  
 \*Silver Sneakers Mon-Fri will be held in the Meeting Rooms  
 \*\*All Spin classes are held in the Spinning room*

*"Open Door" Spin Room Schedule  
 Monday/Wednesday: 5:30-8:30am, 11:30-4:30pm, 7-9pm  
 Tuesday/Thursday: 7am-5pm, 7-9pm  
 Friday: 5:30-8:30am, 11am-9pm  
 Saturday: 11am-6pm  
 Sunday: 9am-6pm*





### SILVER SNEAKERS- CLASSIC-

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and cardio activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Segment are fun, easy to follow, and set to music from the 40's, 50's, 60's, and 70's.

### SILVER SNEAKERS YOGA-

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness levels.

### SPIN-

High energy indoor cycling led by a motivating instructor and accompanied by unique playlist of powerful and energizing music. Achieve strong, toned, and shapely legs while burning calories and improving cardiovascular health.

### STEP COMBO-

Combinations using the step, floor, and weights for duration, strength, and balance. Class may vary week to week. Plan on a good cardio & strength workout.

### STRONG-

combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

### TABATA-

High intensity interval training with low impact that consists of eight sets of fast paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

### VIN-YIN YOGA-

Tuesday class focuses on Vin which is more energetic with a Vinyasa style flow. Friday is Yin for a more relaxed and grounded slower flow. Sundays are a mix of both styles.

### ZUMBA -

International and popular music with Latin Dance and aerobic moves, add a little hip shake and a lot of attitude and you've got it!

### ZUMBA TONING-

Shake things up! Zumba Toning uses 1.5-2.5 lb maraca-like toning sticks during class, not your average dumbbells. Filled with sand, they will allow you to shake, rattle, and rock your way to leaner muscles and a sculpted shape.

## FUN FOR LITTLE ONES . . . . .



### ACTIVITIES FOR PRESCHOOLERS

*All guardians are asked to stay and assist children for the duration of the program.*

#### LITTLE GYMMERS

Come enjoy children's activities in the ARC gymnasium reserved for children and an adult playmate. We will provide play equipment: parachute, balls, hula hoops, tricycles and other toys. No Little Gymmers on holidays.

Location: ARC

Activity #	Date	Time	Age	Price
Drop in	Mon/Fri	10-11 am	2-6	\$1 per person attending, child and adult

#### DAY CARE LITTLE GYMMERS

Schedule some gymnasium time for your day-care. Activities will include parachute games, eight-foot basketball, beach ball volleyball and others. Call 874-7494 to arrange times and dates.

Location: ARC

Activity #	Date	Time	Age	Price
Drop in	Mon-Thur	By appt.	2-6	\$20 up to 20 participants; \$30 for 21-30 participants

*Little Swimmers and Day Care Little Swimmers...see page 15.*

*For other preschool activities, see Arts Crafts and Leisure, Fitness, Dance and Aquatics.*

#### WE ALL SCREAM FOR ICE CREAM

I scream, you scream, we all scream for ice cream! Come join us as we say goodbye to summer by creating your own yummy ice cream sundae and doing some fun crafts! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
102715-01	Tu: Aug 31	10:00am-10:45am	2-5 w/ adult	\$6

#### PUMPKIN PARTY



Cool crisp feeling in the air; pumpkins, pumpkins everywhere! Come decorate a small pumpkin, do a pumpkin craft, and enjoy a yummy pumpkin treat. Pre-registration required. Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
110703-02	W: Oct 6	10-10:45 am	2-5 w/adult	\$6





### HALLOWEEN COSTUME PARTY

Happy Halloween! Put on your costume and join us for some fun Halloween activities, crafts, and candy!. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
102791-01	Tu: Oct 26	10-10:45 am	2-5 w/adult	\$6

### NEW! TARZAN'S JUNGLE BIRTHDAY PARTY

Did you know today is Tarzan's birthday? Let's celebrate with some fun jungle-themed crafts and snack. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
102716-01	M: Nov 22	10-10:45 am	2-5 w/ adult	\$6



### HO HO HOLIDAY CRAFTS AND COOKIES

Christmas is coming! Let's make some crafts and cards to get ready for the season. Then we'll decorate some yummy Christmas cookies!

Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
102708-02	W: Dec 8	10-10:45 am	2-5 w/adult	\$6

### SNOW MUCH FUN

Let it snow, let it snow, let it snow! Join us for some snowman and snow-themed crafts to celebrate winter! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
102713-01	Th: Jan 13	10-10:45 am	2-5 w/ adult	\$6

### VALENTINE PARTY

Roses are red, violets are blue, it's time for a party, all we're missing is you! Come and make valentine cards, craft and enjoy a snack. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Activity #	Date	Time	Age	Price
109700-01	W: Feb 9	10-10:45 am	2-5 w/adult	\$6

## GAMING . . . . .

### CLASSES FOR KIDS AND TEENS

#### ARMORY SPORTS CENTER VIDEO GAME TOURNAMENTS

Are you the best gamer around? Prove it! Join us for our video game tournaments. Registration is required due to limited space.

Contact Jay.Bradley@Como.Gov, or 573-874-6379 for more info, or to register. Refreshments will be provided.

#### MLB THE SHOW 21 PLAYOFFS

Pick between a pool of MLB playoff teams in this single elimination tournament consisting of 5 inning games. The champion will take home their very own trophy.

Register in advance. 10 person max.

First come first serve.

Location: Downstairs Back Classroom @ Armory Sports Center

Activity #	Date	Time	Age	Price
114301-01	Th: Oct 14	5:30-10 pm	10-17	Free

#### ROCKET LEAGUE TOURNAMENT

Who is the king of Rocket League? We'll find out in this double elimination tournament. Register in advance. 14 person max. First come first serve.

Location: Downstairs Back Classroom @ Armory Sports Center

Activity #	Date	Time	Age	Price
114302-01	Th: Dec 9	5:30-10 pm	10-17	Free

#### MADDEN 22 NFL PLAYOFFS

Pick between a pool of NFL playoff teams in this single elimination tournament. The champion will take home their very own Lombardi Trophy. Register in advance. 14 person max. First come first serve.

Location: Downstairs Back Classroom @ Armory Sports Center

Activity #	Date	Time	Age	Price
114303-01	Th: Jan 20	5:30-10 pm	10-17	Free





## GOLF FACILITIES

### L.A. NICKELL GOLF COURSE

1800 Parkside Drive • (573) 499-GOLF (4653)

- 18-hole golf course
- Riding carts and continuous cart paths
- Driving Range
- Open year round (weather permitting)
- Fairway irrigation system • Zoysia fairways

Eighteen beautifully manicured holes conveniently located in the Cosmopolitan Recreation Area. The course provides a challenging, fun, but "walkable" layout. The generous landing areas & large greens provide a great golfing experience.

Par: 70

Yardage: 6,335 Blue tees, 5,869 - White tees, 4,771 - Red tees

Lakes: 3, all in play • Terrain: Flat with rolling hills

Course Rating: 69.9 - Blue tees, 67.7 - White tees, 67.0 - Red tees

Slope Rating: 121 - Blue tees, 116 - White tees, 111 - Red tees

Dir: North of I-70 off North Stadium & in the Columbia Cosmopolitan Recreation Area.

### LAKE OF THE WOODS RECREATION AREA

6700 St. Charles Rd • (573) 499-GOLF (4653)

- 18-hole golf course • Swimming Pool • Driving Range
- Riding carts and continuous cart paths
- Open year round (weather permitting)
- Fairway irrigation system • Zoysia fairways

A very popular golf destination for area players. Traditional layout offers a good mix of medium length par fours, doglegs, and excellent putting surfaces.

Par: 71

Yardage: 6,378 - Blue tees, 6,084 - White tees, 4,901 - Red tees

Lakes: 3, 2 in play • Terrain: Relatively flat

Course Rating: 69.7 Blue tees, 68.5 White tees, 63.5 Men Red tees, 66.9 Red tees

Slope Rating: 127 Blue tees, 122 White tees, 107 Men Red tees, 113 Red tees

Dir: Located east of Columbia. Take I-70 to the Lake of the Woods exit. Go NE on St. Charles Road.

## 2021 GOLF FEES

Green Fees 3/1-10/31

**Mon-Fri**

- Adult
- Senior (60 & over)
- Twilight 2:00pm
- Super Twilight 6pm
- Junior (17 & under)

9-Holes  
Walking

\$14  
\$12  
\$12  
\$9  
\$11

18-Holes  
Walking

\$22  
\$18  
\$18  
\$14  
\$11

**Saturday/Sunday/Holidays**

- Adult
- Twilight 2:00pm
- Super Twilight 6:30pm
- Junior (17 & under)

\$28  
\$15  
\$9  
\$14

\$28  
\$24  
\$14  
\$14

**Winter Green Fees 11/1-2/28**

**Mon-Fri**

- Adult/Senior
- Twilight 2:00pm
- Junior (17 & under)

9-Holes  
Walking

\$14  
\$12  
\$11

18-Holes  
Walking

\$18  
\$14  
\$11

**Saturday/Sunday/Holidays**

- Adult
- Junior (17 & under)

9-Holes  
Walking

\$24  
\$12

18-Holes  
Walking

\$24  
\$12

*Annual Passes good at both courses. All passes non-refundable. All prices are approved by City Council on an annual basis. Prices valid 10/1/21-9/30/22.*

## PASSES AND OTHER FEES

	<u>Any Day</u>	<u>Any Day w/Cart</u>
Individual (30-59)	\$ 880	\$1,608
Adult +1	\$1,496	\$2,734
Senior (60 & over)	\$ 704	\$1,432
Senior Couple (both 60 & over)	\$1,197	\$2,435
Young Adult (18-29)	\$ 704	\$1,432
Junior (17 & under)	\$ 440	
Junior Limited (May 1-Sep 30)	\$ 220	

### Trail Fees

Daily Trail Fee	\$ 16
Annual Trail Fee	\$619

### Cart/Club Rentals

<b>Riding Carts</b>
9 Holes \$8 per person
18 Holes \$16 per person
Pull Cart \$5
Golf Club \$15

### Driving Range

Small	\$4
Medium	\$7
Large	\$10

*\*Adult plus 1 is defined as two persons residing at the same residence. Senior Couple pass is limited to two persons 60 and over residing at the same address. Each course is available for scheduling private tournaments. Please call 874-7538 or 874-7539 to reserve your spot.*

STAY UP TO DATE WITH  
OUR MOBILE APPS AND  
BY FOLLOWING US ON  
FACEBOOK & TWITTER.



L.A. Nickell Golf Course  
Lake of the Woods Golf Course  
L.A. Nickell: @lancprd  
Lake of the Woods: @lowcprd





## GOLF



### PRIVATE TOURNAMENTS

Call 874-7538 to reserve L.A. Nickell;  
874-7539 for Lake of the Woods

Email [Dan.Frost@CoMo.gov](mailto:Dan.Frost@CoMo.gov) or [Drew.Geritz@CoMo.gov](mailto:Drew.Geritz@CoMo.gov) for details.

### Five Ways to Register:

1. **Online:** Go to [www.CoMo.gov](http://www.CoMo.gov)
2. **Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. **Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
4. **Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. **Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)

## OUTDOORS



### BACKPACK CAMPING: LEAVE THE RV AT HOME!

If you've ever wanted to learn about backpack camping, this is the class for you! The best way to connect with nature is to get away from the RV campgrounds and crowds, and learn how to be comfortable in remote wild areas. Learn basic packing, hiking, fire building, cooking and setting up camp skills. A great class for people looking to connect with nature and adventure, or Baby Boomers who want to get more active in retirement. First class meets at Hillcrest Community Center, other classes will meet at Rock Bridge State Park and Three Creeks Conservation Area. There could be an opportunity (for an additional fee) to follow up the class with a weekend backpacking trip if there is enough interest. Pre-registration required.

Location: Hillcrest Room A @ Waters-Moss

Instructor: Mike Snyder

Activity #	Date	Time	Age	Price
112101-02	W: Sept 8-29	5:30- 7:30 pm	18+	\$59

## SCHOOL'S OUT/AFTER SCHOOL



### AFTER SCHOOL AND SCHOOL'S OUT RECREATION

Come to the Armory to play basketball, work on simple arts & crafts projects and use the computer lab for Internet use or homework. Or, you can try pool table, ping-pong table, foosball, shuffleboard and air hockey tables, safe darts, PlayStation, standup arcade machine, or just watch a movie. There is always something to do!

Location: Armory Sports Center

Activity #	Date	Time	Age	Price
Drop in	M-F	2:30-7 pm on school days 11 am-6 pm when CPS not in session	8+	Free





## Self-Improvement & Study Skills | Social Activities

### SELF IMPROVEMENT & STUDY SKILLS . . . . .

#### CLASS FOR YOUTH AND TEENS

##### AFTER SCHOOL HOMEWORK ASSISTANCE AND MENTORING

Open to all ages! Come by the Armory for help with your homework assignments, open Monday-Friday from 3-7 pm during the school year. Many of the volunteer tutors are provided by MU's Office of Service Learning. Available September through second week of December and February through the second week of May.

##### PROFESSIONAL DEVELOPMENT AID

Need help creating or editing your resume? Want to practice interviewing for a job? Maybe you just want to learn how to tie a tie. Professional Development Aid can help with all the basics of finding and obtaining employment. This program is completely free, but by appointment only. Contact 573-874-6379, or email Jay.Bradley@como.gov to set up an appointment.

### SOCIAL ACTIVITIES . . . . .

#### DESIGNED FOR 50+

Hillcrest Community Center, the Moss Building and Waters House are home to daytime activities with 50+ adults in mind. The facility is located at Waters-Moss Memorial Wildlife Area, 1907 Hillcrest Dr, Stop by between 9 am-4 pm or call 573-874-7475. You can also find us and our programs and activities online at CoMo.gov search: Senior/50+.

Participation in recreational activities, programs and tours requires an annual membership. For a small additional amount, Parks and Rec and Osher @ Mizzou will offer a "Combo Membership" that will add Friday Brown Bag seminars, the weekly email and This Week at Osher.

##### PUZZLE LIBRARY

Come by Hillcrest Community Center and check out all of the puzzles to borrow. There is no fee for 50+ members and a \$2 fee for non-members. Borrow the puzzle for one month, return it and try another one! There is a variety of puzzles to choose, ranging from 200 pieces up to 1000 pieces.

##### MAH JONGG



Mah Jongg is played 5 days a week through the Hillcrest Community Center. If you have a Mah Jongg group of your own looking for the perfect meeting place with card tables set up and waiting, or would like to join a group or sub for a group, inquire at the front desk at (573)874-7475. Using National Mah Jongg League rules, the game is played with 3 or 4 players and a 152 set of tiles. It is a great

social game, lots of fun, and equal amounts of luck and strategy to keep your mind active! Anyone interested in learning Mah Jongg can contact the front desk for information on upcoming classes.

**Monday through Friday | Waters House, 2104 Hillcrest Drive**  
**Hillcrest Membership required**  
**People interested in playing need to call (573)874-7475 to find out availability**

##### EVENING MAH JONGG

Need more time to play Mah Jongg? Join us on Tuesday evenings for more play time! Register by calling the front desk at Hillcrest Community Center, (573)874-7475 or email HCC@CoMo.gov. Play will be at Hillcrest, not the Waters House.

**Tuesdays: 4:30 pm-7 pm | Hillcrest Membership required**

##### BINGO

Join us every Friday to play bingo for practical prizes. Come early to socialize (at a distance) and meet new friends. Bingo games begin at 2 pm, except for the first Friday, which will start at 2 pm.

**Fridays, 1:00 pm | Hillcrest Membership required**

##### MOVIE & POPCORN

Hang out after Bingo on the first Friday of the month for a movie and popcorn. Movies will vary every month, so please check the monthly newsletter for which movie is being shown. Popcorn will be provided.

**First Friday of the month, 2 pm | Hillcrest Membership required**

##### FRIDAY NIGHT KARAOKE

Come sing your heart out on the first and third Fridays of the month. Fee is \$3.00 for non 50+ members. Also, please have your song choices ready when signing up. Call (573) 874-7475 to sign up.

**1st and 3rd Fridays, 7 pm-10 pm**

### CRAFTS . . . . .

##### HEARTLAND RUGHOOKERS OF COLUMBIA

Learn a new skill or meet others with the same passion for rug hooking. The Rughookers meet twice a month, and you can drop in or stay for the day. Call (573)874-7475 for information. Hillcrest membership is required.

**1st and 3rd Thursdays, 10:30 am-3 pm | Water's House**

##### KNITTING GROUP

Drop in for a sociable afternoon of knitting. Other crafts such as crocheting and needlework are also welcome! Bring your projects to show for encouragement. Hillcrest membership required.

**Tuesdays & Fridays, 1 pm-4 pm | Hillcrest Community Center**

##### PAINTING

Join our painting groups as they use a wide variety of mediums including oils, watercolors, acrylics, charcoal, colored pencils and more. They share ideas, techniques, successes and experiments as they support each other's endeavors. There is no formal instruction. Hillcrest membership required.

**Mondays, 9 am-12 pm | Thursdays, 1:30-3:30 pm**

##### DIY MONTHLY CRAFT

Learn how to make simple crafts and other DIYs (do it yourself) on the third Friday of the month at 3 pm (right after Bingo). All supplies will be provided.

**Third Friday of the month: 3 pm | Hillcrest Membership required**





## Social Activities

### SOCIAL ACTIVITIES



#### 2020-21 OSHER SATURDAY MORNING BOOK TALKS AT HILLCREST

For the past decade, the first Saturday of the month has meant Osher Saturday Morning Book Talks for book lovers. Local writers have discussed the inspiration and process of their writings, shared excerpts from those books, and answered questions from the audience. The series was halted in Spring 2020 because of the pandemic, and in late spring of 2021, Kit and Cathy Salter, who had guided the talks all these years, moved from Columbia. But a group of regular attendees volunteered to keep the series going. Now that Osher is back to live sessions (with limited capacity), the Saturday Morning Book Talks will begin anew. Once the series resumes, pastries and coffee will be available at 9:30 a.m., and the Book Talks will begin at 10 a.m. Book selling and signing will follow. This series is free for current Osher and Parks and Rec/Osher Combo members; all others, \$3 at the door or \$20 for a 10-event punch card. Please sign up for the Osher e-newsletter to receive updates about specific plans for the 2021-2022 Osher Academic Year; as of the publication date of this newsletter, details are TBA. Visit [osher.missouri.edu](http://osher.missouri.edu) and scroll down to "Subscribe to the Osher weekly newsletter." Or you may contact the Osher staff at [osher@missouri.edu](mailto:osher@missouri.edu) or (573) 882-8189.

#### Osher @ Mizzou

As part of MU Extension, the mission for Osher@Mizzou is to provide quality educational courses for the 50+ adults in Columbia and Boone County. This commitment mirrors Columbia Parks and Recreation 50+ programs, activities and tours designed to promote healthy aging. Osher@Mizzou invites you to "come as learners, leave as friends."

They believe that curiosity never retires. All classes are currently through Zoom. Class catalogues and registration information are available on the

Osher@Mizzou website:

[www.osher.missouri.edu](http://www.osher.missouri.edu)

### SOCIAL ACTIVITIES AT THE ARMORY



#### SILVER AND GOLD SENIOR SOCIAL CLUB

Join this mature adult group that meets weekly to enjoy each other's company. If you are interested in fun activities such as bingo, pokeno, card games, arts and crafts, field trips or movies then join us! For more information call Mary Dewey at 817-5077 or email [mary.dewey@como.gov](mailto:mary.dewey@como.gov)

**Dates:** Tuesdays

**Armory Sports Center**

**Time:** 2-4:30 pm

**Ages:** 55+

**Cost:** Free

#### MONTHLY COFFEE & CONVERSATION

We'll bring the coffee, you bring the conversation. Join us the second Wednesday of every month, **beginning September 8th**, for an unstructured get together. Get to know local community members, and discuss anything that's on your mind. Contact 573-874-6379, or email [Jay.Bradley@como.gov](mailto:Jay.Bradley@como.gov) for more information.

**\*Only months that school is in session**

Activity #	Date	Time	Age	Price
Drop in	2nd Wed/month	10:30-11:30 am	18+	Free

#### SENIOR NINTENDO WII DAY

Nintendo Wii is a hands-on, virtual game system that allows players to simulate the motions of a game or sport, like the swing of a golf club or sending a bowling ball down the lane. Need to call or email to reserve your time slot and for additional information or questions, please contact Mary Dewey at [Mary.Dewey@como.gov](mailto:Mary.Dewey@como.gov) or call 817-5077.

Activity #	Date	Time	Age	Price
N/A	*W and F	9-10 am	Adults	\$2 per person

\*Please register at least two days in advance.





## Sports

### CLASSES FOR YOUTH

#### TENNIS LESSONS

Day	Time	Age	Price
<b>Session V – Aug 30-Sept 20 at Rock Quarry Courts:</b>			
Mon/Wed	5:30-6:30 pm	6-8	\$50
Mon/Wed	6:30-7:30 pm	9-11	\$50
Tues/Thurs	5:30-6:30 pm	12-16	\$50

For information and to register, call Rick Odor at 573-442-3713. Rick has 28 years of experience.



#### SMALLER BALLERS TYKE BASKETBALL

Get an early start with this youth basketball skills development program. Each session consists of skills training, and then using the skills learned, it will be followed by scrimmage time on lowered goals. This is an instructional youth basketball program that focuses on the basic fundamental skills of the game.

Location: Armory Sports Center

Activity #	Date	Age	Time	Price
115910-01	W: Sep 8-Oct 6	4-5	5:45-6:45 pm	\$36
115910-02	W: Sep 8-Oct 6	6-7	7-8 pm	\$36
115910-03	W: Jan 12-Feb 9	4-5	5:45-6:45 pm	\$36
115910-04	W: Jan 12-Feb 9	6-7	7-8 pm	\$36

#### HOME SCHOOL PE

This physical education class is designed for home school children. A variety of age appropriate fitness games and activities will be introduced. Youth will have a good deal of fun while they work on different aspects of physical fitness. Pre-registration required, no daily, drop-in fee allowed.

Location: ARC

Activity #	Date	Time	Age	Price
107519-09	Th: Sep 16-Sep 30	2:30-3:30 pm	5-9	\$10.50
107519-10	Th: Oct 7-Oct 28	2:30-3:30 pm	5-9	\$14
107519-11	Th: Nov 4-Nov 11	2:30-3:30 pm	5-9	\$7
107519-12	Th: Dec 2-Dec 16	2:30-3:30 pm	5-9	\$10.50
107519-13	Th: Jan 6-Jan 27	2:30-3:30 pm	5-9	\$14
107519-14	Th: Feb 3-Feb 24	2:30-3:30 pm	5-9	\$14
107519-15	Th: Mar 3-Mar 17	2:30-3:30 pm	5-9	\$10.50
107509-09	Th: Sep 16-Sep 30	1:30-2:30 pm	10-17	\$10.50
107509-10	Th: Oct 7-Oct 28	1:30-2:30 pm	10-17	\$14
107509-11	Th: Nov 4-Nov 11	1:30-2:30 pm	10-17	\$7
107509-12	Th: Dec 2-Dec 16	1:30-2:30 pm	10-17	\$10.50
107509-13	Th: Jan 6-Jan 27	1:30-2:30 pm	10-17	\$14
107509-14	Th: Feb 3-Feb 24	1:30-2:30 pm	10-17	\$14
107509-15	Th: Mar 3-Mar 17	1:30-2:30 pm	10-17	\$10.50

#### DOUGLASS BULLDOGS BASEBALL LEAGUE

Develop your skills in this instructional, non-competitive league, beginning in June. Boys AND girls can participate. Volunteers can participate in training clinics. Players will receive a league hat and shirt. Registration runs through May 1; a late fee of \$5 will be assessed after that date. Forms are available at the Parks & Recreation office, the ARC, the Armory Sports Center & online at [www.gocolumbiamo.com](http://www.gocolumbiamo.com). Volunteer coaches and umpires are needed. For more information, call 874-6378. Note: Parents are encouraged to volunteer as coaches; and sponsorship opportunities are available.

Location: Douglass Park Baseball Field

Activity #	Date	Time	Age	Price
TBA	T-Ball	6 pm & later	5&6	\$27
TBA	Coach Pitch	6 pm & later	7&8	\$27
TBA	Kid Pitch	6 pm & later	9&10	\$27

#### BLUE THUNDER TRACK OUTDOOR SEASON

Registration Day: TBA, 2-5 pm, \$110

[www.leaguelineup.com/bluethundertc](http://www.leaguelineup.com/bluethundertc) for more information

Compete in running, jumping and throwing events! Youth ages 6-18 compete in out of town AAU meets along with some local meets. This group is pushed hard in practice and expected to complete the season. The outdoor season is April-August. Participate in some or all phases, it is your choice. Please call 874-6378 or email [Camren.Cross@CoMo.gov](mailto:Camren.Cross@CoMo.gov) if interested.

Note: Runners are encouraged to invest in a pair of track spikes or running shoes; but it is not required.

#### BLUE THUNDER TRACK CROSS COUNTRY

Season begins August 31, first practice 6 pm at Stephens Lake Park | Price \$55

Attention young runners! Come run and compete with other 6-14-year-olds. Cross country is a sport in which teams and individuals run in a race over natural terrain. Courses may include grass, gravel, hills, and flat land. Practices will be held in City parks on Tuesdays, Thursdays and Saturday and meets are held in various central Missouri towns. Practices and meets occur during fall months and it all ends in November with championship meets. Go to [www.leaguelineup.com/bluethundertc](http://www.leaguelineup.com/bluethundertc) or email [Camren.Cross@CoMo.gov](mailto:Camren.Cross@CoMo.gov) for more information.

### CLASS FOR ADULTS

#### REGISTER FOR ALL ADULTS SPORTS ON LINE AT COMO.GOV

#### BEGINNING HORSESHOES

Learn the fundamentals of pitching and all about the game of horseshoes. This free clinic will be hosted by Columbia Parks and Recreation and instructor Larry Brown. Larry has decades of experience playing competitive and recreational horseshoes and is a member of the Jefferson City and Mexico horseshoe pitching clubs. The clinic will run from 9 am to 12 pm on Saturday, Aug 21. Participants may come for a portion of the event or stick around for the entire three hours. Pre-registration is recommended. Participants can register online at [como.gov/parksandrec](http://como.gov/parksandrec) or over the phone by calling 573.874.7460 between 8 am and 5 pm weekdays.

Location: Cosmo Park

Activity #	Date	Age	Time	Price
315200-01	Sa: Aug 21	All	9 am-12 pm	Free





## CLASSES FOR ADULTS

### ADULT VOLLEYBALL

#### Fall Volleyball

**Registration:** Registration through Aug 31 or until filled

**League Play:** Begins mid-Sept; games at 6, 7, 8, or 9 pm

#### Mid Winter Volleyball

**Registration:** Mid-September until early November

**League play:** Begins end of November

#### Spring Volleyball

**Registration:** Ends late February

**League play:** Begins mid-March

#### Summer Volleyball

**Registration:** Ends in late April

**League play:** Begins mid-May

**Location:** Armory Sports Center

### ADULT BASKETBALL

**Registration:** Begins September

**League Play:** Begins mid-November

**Location:** Armory Sports Center



### ADULT SOFTBALL

Spots may be available for the 2021 fall league. Call 573-874-7460 for availability. Registration for the spring, summer and fall leagues will open in February. Check online for information and prices, CoMo.gov (search sports). Games are played at Rainbow Softball Center at Cosmo Park.

### ADULT KICKBALL

Spots may be available for the 2021 fall league. Call 573-874-7460 for availability. Registration for the spring, summer and fall leagues will open in February. Check online for information and prices, CoMo.gov (search sports). Games are played at Rainbow Softball Center at Cosmo Park.

### ADULT TENNIS LESSONS

**Session V – Aug 31-Sept 16 at Rock Quarry Courts:**

Day	Time	Age	Price
Tues/Thurs	6:30-7:30 pm	Adults	\$50

**For information and to register, call Rick Odor at 442-3713. Rick has 28 years of experience.**

### ADULT DROP-IN BASKETBALL

Looking for a pick-up game or to just shoot hoops? Check out the Armory... pass cards available at the Armory front desk.

*Location: Gymnasium @ Armory Sports Center*

Activity #	Date	Time	Age	Price
Drop in	M-F	10 am-2 pm	18+	\$10/mo or \$2/use

### ARMORY DODGEBALL TOURNAMENT

This fun filled event will have you dodge, duck, dip, dive, and.... dodge! Prizes awarded for first places. Contact Jay.Bradley@Como.Gov, or 573-874-6379 for more info. Registration and payment due by November 12.

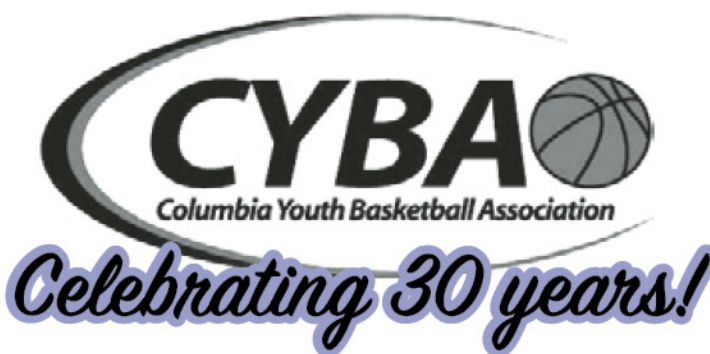
*Location: Armory Sports Center*

Activity #	Date	Time	Age	Price
N/A	Sa: Nov 13	9 am- 1 pm	13 & up	\$75 per team

### Five Ways to Register:

- 1. Online:** Go to [www.CoMo.gov](http://www.CoMo.gov)
- 2. Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
- 3. Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
- 4. Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
- 5. Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)





## FOUNDED IN 1992, CYBA PROUDLY SERVES BOYS & GIRLS IN GRADES 1-12

Registration for Boys & Girls (Grades 1-12) opens August 1

Practices for boys grades 1-8 and girls grades 1-8 begin mid November.

Practices are 90 minutes once a week for grades 3-8 and 60 minutes for grades 1-2.

After December, grades 1-2 move to game/practice combo on game day.

**Registration Fees - grades 1-2 \$100; Boys & Girls grades 3-8 \$125.**

### **SEASON GAMES OPEN JAN 8- MARCH 5**

Registration deadline is October 17th to assure team placement at or near your home school.

#### **High School Registration (Grades 9-12)**

High school students may form their own teams. Team and individual registration opens Aug 1.

Registration Fee \$100 per player. Please check website for details.

Games and practices held at  
area schools and Columbia  
Sports Fieldhouse

Register at: [www.cybahoops.org](http://www.cybahoops.org)

Scholarships available,  
contact CYBA for details





# *CYBA would like to thank the sponsors for the 2021 season*

Accounting Plus  
Advance Orthodontics  
All Star Automotive  
American Outdoor Brands  
Angelos Pizza & Steakhouse  
Arbor Aquatic Pro LLC  
Bell Bank Mortgage  
Boone Hospital ICU  
Boyce & Bynum Pathology Professional Services  
Central Missouri Pavement Markings  
Cleek's Home Furnishings  
CMO  
Columbia EDP Center  
Columbia Pool & Spa  
Dents Unlimited  
Edward Jones  
Erin Palmer CPA. LLC  
Faber Law Firm  
Fulton Auto Group  
G & D Steakhouse  
G&D Pizzeria  
Garden & Green LLC  
Gilbane Motorsports  
Hager Radiator

Joe Machens Collision Center  
Johnston Paint  
Law office of Corey Jackson  
Luebbering Insurance  
Marriage and Family Counseling Center  
Midway Optimist Club  
Monarch Title Company  
Mutrix Automotive  
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Plaza Commercial Realty (SUPER SPONSOR)  
Privitt Auto Service  
Quantum Wireless Internet  
RE/MAX Boone Realty.  
S/B Painting Company  
Shelter Insurance  
Show me Cabinets Ltd  
Simmons Bank  
Sub Shop Inc  
The Cleanest, LLC  
The Power Alley  
The Quarry  
Travis Kempf, Weichert Realtors First Tier  
Willitt Dental Associates

**If you would like to sponsor a team for only \$175 contact us:**

CYBA • PO Box 30725 • Columbia, MO 65205  
Phone: 573-875-8124 | E-mail: [cybabasketball@gmail.com](mailto:cybabasketball@gmail.com)







# SPRING & SUMMER LEAGUES AVAILABLE JANUARY 2022

## Diamond Council of Columbia, Inc.

P. O. Box 576, Columbia, MO 65205

573-499-9741

[www.diamondcouncil.net](http://www.diamondcouncil.net)

[DiamondCouncilCoMo@gmail.com](mailto:DiamondCouncilCoMo@gmail.com)



Celebrating more than 50 years of service providing youth baseball and softball to Columbia area kids.



## Recreational Baseball & Softball Leagues for Boys and Girls Ages 4-18.

You can register for a league by visiting

[www.diamondcouncil.net](http://www.diamondcouncil.net)

Registration for our 2022 leagues is 1/1/22–2/28/22

The Diamond Council of Columbia, Inc. is a non-profit, fee-based, volunteer organization dedicated to providing mid-Missouri youth an opportunity to play in quality baseball and softball programs.

The emphasis of the program is to develop individual and team skills, enhance self-esteem, and to have fun in a supervised environment.

DC is partnered with the City of Columbia Parks and Recreation Department. Teams are formed based on schools attending, volunteer coaches, and team sponsors.

Teams are NOT drafted on ability of skills. All kids play!

We encourage parents to volunteer to coach and help us provide a fun safe place for kids to play baseball and softball.







## Competitive Leagues Ages 9-18

DC also offers a competitive Baseball and Softball leagues for teams. Competitive coaches can sign up to play in DC spring competitive leagues by visiting the website to register their team.

All our leagues are USSSA sanctioned.



[www.diamondcouncil.net](http://www.diamondcouncil.net)

Hiring UMPIRES for 2021 Fall & 2022 Spring.

Contact DC at [DiamondCouncilCoMo@gmail.com](mailto:DiamondCouncilCoMo@gmail.com)

Umpire pay: \$25-\$30 per game



## THANK YOU 2021 TEAM SPONSORS!

Hittsville Sluggers  
Iron Gate Real Estate  
Joe Machens  
KMIZ  
KQFX  
Legends Photography  
Level Up  
Macro Trend Wealth  
MBM Custom Construction  
Mike Hatchett Shelter Insurance  
Moore & Shyrock  
Mr. Rooter plumbing  
Nancy Holliday ReMax  
Neville Carpet  
Nest Step Day Program  
Nextcare

P&H Construction  
Patchett Land Surveying  
Penn Station  
Play It Again  
Prolawn and Pest Control  
Red Weir  
Resource Tree and Land  
Room 38  
Schaefer Auto Body  
Slumberland  
Summit Pork Partners  
Sweetwater Science  
Thomas Family Dental  
Trops  
Veteran's United  
Watson Concrete



If you would like to become a team sponsor, contact us at  
(573) 499-9741 or  
[DiamondCouncilCoMo@gmail.com](mailto:DiamondCouncilCoMo@gmail.com)





## Trail Endurance Runs

### BEAR CREEK RUN HALF MARATHON

The Bear Creek Run Half Marathon has quickly become a favorite race in Mid-Missouri. Runners and walkers have come to love the scenic course along the Bear Creek Trail as well as the encouraging volunteers, great race shirts, finisher medals and awards by local artists. The 13.1 mile course starts and finishes at Albert-Oakland Park and takes participants to Columbia's Cosmo Park and back on 80 percent gravel trail. "Inspiration Hill" will keep runners motivated as they approach the half-way point. There are aid stations (water stops) every mile to mile-and-a-half along the well-marked course. Registration includes professional chip timing, unique age group awards, finisher medal, performance fabric shirt and post race food. Maximum 250 racers.

*Location: Bear Creek Trail*

Activity #	Date	Time	Age	Price
307300-01	Oct 30	8 am	12+	\$55*

\*Advance registration required

### COMO TRAILS TRAINING GROUP

Are you new to trail running and want to learn more about the sport before you run in the ROC 7k in January and Stonegrinder 7k in February? Do you want to train in a group to help stay motivated to do your best? The CoMo Trails Training Group will help with the basics of trail running and get you comfortable on the single track trails. This group will focus on technique as well as offering information about winter/cold weather running, cross training for agility and balance (both are your friends on the trail) and more! The group fee includes race registration for the ROC 7k on Jan 22 (\$35) and the Stonegrinder 7k on Feb 19 (\$35). Space is limited to 30 people so register soon! Training dates and times will vary because of the holidays.

Activity #	Date	Time	Age	Price
107303-01	Oct 8-Jan 8, specific dates will be announced	TBA		\$100

\*Advance registration required

### Five Ways to Register:

- 1. Online:** Go to [www.CoMo.gov](http://www.CoMo.gov)
- 2. Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
- 3. Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
- 4. Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
- 5. Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)

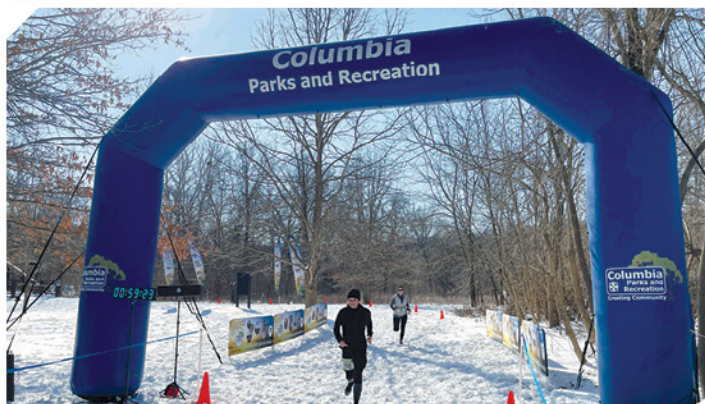


### ROC 7K TRAIL RUN

Start your year with Rhett's Outdoor Challenge (ROC) and enjoy a morning on Rhett's Run. The ROC 7K Trail Run takes racers through the scenic twists and turns of this hilly, well maintained, single track course. All participants will receive a finisher item and post race snack once they've completed their run. This event will include chip timing, age group awards, volunteer support and aid stations on the course. Advance registration is required. Shirt size guaranteed for those registered by Jan 6. Maximum of 175 racers. Weather Policy: In the case of inclement weather, the event will be postponed as long as possible for the weather to pass. If the event is not possible, the event will be cancelled and participants will be allowed to pick up their finisher items at the Gentry Building at 1 S. 7th Street in downtown Columbia the Tuesday following the event. No refunds will be issued if the event is cancelled due to inclement weather.

*Location: Rhett's Run at Cosmo Park*

Activity #	Date	Time	Age	Price
107300-01	Sa: Jan 22	9 am	12+	\$35



### STONEGRINDER 7K TRAIL RUN

Enjoy the beauty and challenge of the Grindstone Nature Area at the Stonegrinder 7K Trail Run! This race course will take you over diverse terrain including single track dirt trail that is rocky in areas, grass trails and a shallow water crossing. All participants will receive a finisher item and post race snack once they've completed their run. This event will include chip timing, age group awards, volunteer support and aid stations on the course. Advance registration is required. Maximum of 125 racers. No refunds will be issued if the event is cancelled due to inclement weather.

*Location: Capen Park/Grindstone Nature Area*

Activity #	Date	Time	Age	Price
107304-01	Sa: Feb 19	9 am	12+	\$35*

\*Advance registration required





## MOVIES IN THE PARK

2nd Friday of each month, May through Sept

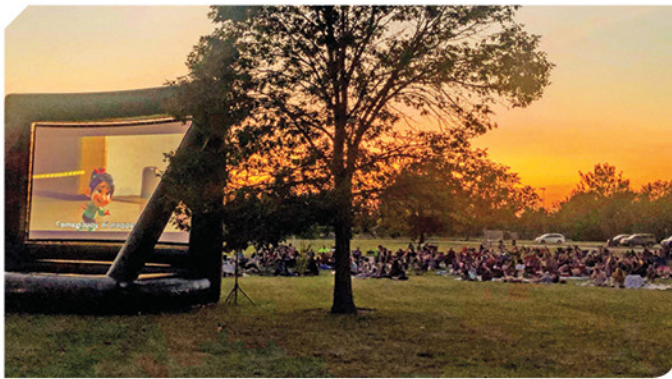
SPONSORED BY:



Healthy Blue

### COSMO PARK NEAR NICKELL SHELTER

Show up early for concessions, food trucks, and to grab a great seat. Movies are shown on a giant inflatable screen, so grab a blanket or lawn chair (and maybe a favorite stuffed animal) and join us under the stars. Free to attend courtesy of Healthy Blue!



#### AUGUST 13, 8:30 PM - ONWARD (PG)

Teenage brothers, Ian (Tom Holland) and Barley (Chris Pratt) embark on a magical quest to spend one more day with their late father. Like any good quest, their journey is filled with cryptic maps, impossible obstacles, and fantastic creatures.

#### AUGUST 27, 8:30 PM - NIGHT AT THE MUSEUM (PG)

Larry (Ben Stiller) is the newest night guard at the Natural History Museum, and he's in for a startling discovery! Thanks to an ancient Egyptian curse, the museum's exhibits spring to life every evening. Larry must save the day with help from Sacagawea, Teddy Roosevelt, a capuchin monkey, and a host of other wild characters.

#### SEPT 10, 7:45 PM - RAYA AND THE LAST DRAGON (PG)

Long ago, in the fantasy world of Kumandra, humans and dragons lived together in harmony. However, when sinister monsters known as the Druun threatened the land, the dragons sacrificed themselves to save humanity. Now, 500 years later, those same monsters have returned, and it's up to a lone warrior to track down the last dragon and stop the Druun for good.

**MISSOURIAN**  
COLUMBIA'S LOCAL NEWSPAPER

**JOE MACHENS**



A McLARTY AUTOMOTIVE GROUP COMPANY



SPONSORED BY:



## FOOD TRUCKS IN THE PARK

First Wednesday each month, 5-7 pm

Stephens Lake Park, Cosmo Park, Cosmo-Bethel Park

Drop by and pick up dinner from an area food truck! Follow our Facebook page or look online at CoMo.gov to see the schedule each month.

## COOLIN' DOWN WITH THE BLUES

Sunday, August 15, 4-7 pm

Douglass Park

Featuring local and regional talent in a mini-festival atmosphere! Activities provided for the kids and adults will enjoy jazz, R&B, and blues. Bring your lawn chair and enjoy this free concert, which marks the unofficial end of summer.

## KALEIDOSPOKE



Get ready to GLOW with your bike on the MKT Trail. This non-competitive, family friendly, supported, night time ride takes participants from Flat Branch Park to Twin Lakes Recreation Area and back for an approximately 8 mile round trip ride. The trail will be illuminated like you've never seen it before and you won't want to miss it!

The relaxed ride leaves Flat Branch at dusk; once at Twin Lakes riders will enjoy s'mores by the bonfire with live music and entertainment before showing off their GLOW on the return ride to downtown. Walt's Bike Shop will join us before the ride at Flat Branch Park for any last minute, minor bike maintenance as well as offering support on the trail during the ride. Helmets and front and rear bike lights will be required. Children under 16 must be accompanied by an adult. Registration will include a bike accessory, glow item and s'mores.

Location: Meet at Flat Branch Park

Activity #	Date	Time	Age	Price
318403-01	Sa: Aug 28	7-10:30pm	8+	\$17

SPONSORED BY:



## FOOD TRUCK ROUNDUPS

4th Wednesday through September, 5-7 pm

MU Health Care Pavilion at Clary-Shy Park

Upcoming Dates:

August 25th

September 22nd

Your one-stop shop for food trucks is here! Each month, we're bringing together many of Columbia's favorite mobile food vendors in one spot! Find them at the MU Health Care Pavilion, near the ARC.





## Special Events

# FAMILY FUN FESTS

*3rd Wednesday, June-September, 5-8p, Free!*

New for 2021 - We're taking FFF on the road with a new park each month! Entertainment for the entire family will include music, food trucks, live performances, and interactive activities with a new theme each month.

### AUGUST 18: BOOKWORMS AND BUTTERFLIES

#### Albert-Oakland Park

*Presented by Burrell Behavior Health*

Dust off your summer reading list for this new theme in 2021! We'll dive into the beautiful world of reading and enjoy the natural world around us. Reading oriented activities and education about pollinators, birds, and other natural wonders will make this double-threat theme fun for all.

### SEPTEMBER 15: CREATIVE KIDS

#### Cosmo-Bethel Park

*Sponsored by the Columbia Office of Cultural Affairs & the Missouri Arts Council*

Let the kids show their creative and artistic side. Hands-on kid friendly art activities, musical performances, theater and dance are just some of the fun to be had at the final fest of the summer.

SPONSORED BY:



STEPHENS LAKE AMPHITHEATER  
CONCERT SERIES  
Columbia Parks and Recreation

*Bring a blanket or lawn chair and join us for free concerts!  
Concessions available but carry-in food  
and drinks also allowed. Free.*

**Sept 1, 7 pm**

**Darkroom Records Teen Band Showcase**

**Sponsored by 102.3 BXR**



Daniel Boone  
Regional Library







## 43RD ANNUAL HERITAGE FESTIVAL & CRAFT SHOW

September 18 and 19 | 10 am - 5 pm | Nifong Park

Visitors will be taken back to the traditions of the past. Listen, learn, and see history as it comes alive. See artisans and tradesmen dressed in 19th century attire demonstrating their trades and selling their wares. A large contemporary handmade craft area will also be featured. Enjoy entertainment on two stages including music and dancing. Tour the Historic Maplewood Home and the Walter's Boone County Historical Museum. Great food and a beautiful park setting will make the Heritage Festival a family tradition!

Sponsored by:



Missouri Arts Council  
The State of the Arts



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## BACK 2 SCHOOL OPEN HOUSE

Sept 11 | 1-3 pm | Free

Join us at the Armory Sports Center and see all that we have to offer. This event will have music, games, free food, and fun for all ages! Contact Jay. Bradley@como.gov, or 573-874-6379 for more information.

## BIKE SAFETY RODEO

Ages 3-16, Free | Sept 25, 9-11 am

Karis Church parking lot, 606 Ridgeway Ave

Are you a kid who loves to ride your bike? There will be a 9 steps skill course for everyone from ages 3 to 16 years old. The course will have safety rules you need to know. We will also register bikes and hand out helmets for kids who do not have one.

## YAPPY HOUR

Sept 11, 1-5pm | Twin Lakes Recreation Area

Food truck, live music, craft beer, and room for Fido to roam will all be found at Yappy Hour! This event will feature dog-related booths, activities, contests, an adoptable dog pageant and more.

Activity # Price, Details

314100-03 \$10 registration per one dog and one person, includes t-shirt, dog goody bag and one drink voucher  
314100-04 \$5 per each additional person or someone not bringing a dog

- Limit one dog per person and all dogs must be on a fixed length leash (no retractable)
- Must be 16 or older to attend, and 21+ to drink (show id at the door)
- All dogs must be up-to-date on vaccines
- You know your dog better than we do, please bring only well socialized pooches
- Parking is limited so walking from Forum Nature Area or Scott Blvd trailheads is encouraged.

Sponsored by:



## SENSORY FRIENDLY TOUCH-A-TRUCK

Oct 6, 4-6 pm | FREE | Cosmo Park - Rainbow Softball Parking Lot

This FREE event is designed specifically for kids and families who find the loud noises and bright lights of "Tons of Trucks" overwhelming or frankly a little scary! We know this kind of sensory overload is too much for many children, especially those on the Autism spectrum. The Sensory Friendly Touch-A-Truck offers many exciting vehicles, but the horns, lights, and sirens all stay off.

## GUT THE GOURD



Join us for this fun & festive evening. We'll provide the pumpkin, supplies, and take care of the mess. All you have to do is show up. You'll have the option to carve or paint your pumpkin. Feel free to come in costume for even more fun! Contact Jay. Bradley@Como.Gov, or 573-874-6379 for more info.

Location: Armory Sports Center

Activity #	Date	Time	Age	Price
302206-01	W: Oct. 13	5:45-6:45 pm	4+	\$7/pumpkin
302206-02	W: Oct. 20	5:45-6:45 pm	4+	\$7/pumpkin

## NIGHT OF THE LIVING SHRED SKATEBOARD COMPETITION

Ages 11 and up, Free | Saturday, Oct 23, 3-6 pm | Douglass Skate Park

Put on your favorite costume and join us for this spooky skateboard competition in Douglass Park. Main event will be the best trick contest for beginner and advanced contestants. Each skater will get 3 attempts to land their best trick. Other events will be longest manual and highest ollie. Plus there will be plenty of time for free skate. Prizes will be awarded to the winners. Contestants will be required to wear a helmet if competing. For more information contact 573-874-6379 or Jay. Bradley@como.gov.

Weather date: Oct 30





## Special Events

### TOYS FOR COLUMBIA'S YOUTH

**Oct 25-Dec 6**

Get in the giving spirit this holiday season! When you are out shopping, please pick up an extra gift for a child for Parks and Recreation's annual toy drive and drop off at the Armory (701 E. Ash) or the Parks and Recreation office at #1 South 7th. Monetary donations will also be accepted. Cash, checks or credit cards are accepted. A letter of receipt for tax purposes will be provided for your generosity. Please call 874-7460 for more information.

### CITY KWANZAA CELEBRATION AND BLACK-OWNED BUSINESS EXPO

**Saturday, Dec 4, 2-5 pm**

**Location: Armory Sports Center**

Come celebrate this African-American holiday which is based around developing positive families and communities. There will be an expo featuring local black owned businesses, socializing, entertainment, and a holiday feast. Free.



### KWANZAA CELEBRATION BAGS

**Armory Sports Center**

Unable to attend our Kwanzaa celebration? No problem! Our Kwanzaa bags have everything you need to hold your own celebration. These bags include ritual instructions and supplies for a traditional Kwanzaa celebration. Bags can be purchased for \$5 and picked up at the Armory Sports Center. Contact Jay Bradley@Como.Gov, or 573-874-6379 for more info.

### LIGHTS AND SIGHTS TOUR

**Location: Meet at the ARC**

Enjoy some of Columbia's beautiful holiday lights from the comfort of Parks and Recreation's mini-buses! Tours depart from the ARC. For the safety of participants each person must have a seat on the bus. Please bring a car seat for young children.

Activity #	Date	Time	Age	Price
109450-03	F: Dec 3	6:15-7:30 pm	All	\$7.50
109450-04	F: Dec 3	7:45-9:00 pm	All	\$7.50

### HOLIDAY LIGHTS CONTEST & CENTRAL COLUMBIA HOLIDAY PARTY

Help beautify Central Columbia by hanging your holiday lights. The best decorated houses will receive prizes. Judging will be on **Sunday December 12 starting at 5:30 pm**. Everyone who participates will be invited to the Annual Central Columbia Holiday Party on **Tuesday December 14 from 6:30-8 pm** at the Armory. There will be snacks and refreshments, and the prizes for best decorated house will be handed out.

If you have any questions, or would like to help with the Holiday Lights judging please contact: Jay Bradley at 573-874-6379, or Jay.Bradley@como.gov for more information

### DR. MLK CANDLE LIGHT WALK AND MEMORIAL CELEBRATION

**Mon, January 17, 6:30 pm**

**Location: St. Luke UMC (subject to change)**

The candle light walk will begin at 6:30 pm at the basement of the Armory Sports Center, which will proceed to the Memorial Celebration at St. Luke UMC where a service will be held. Open to all, free.

### BLACK HISTORY MONTH ACTIVITIES

**African American History Exhibit**

In celebration of Black History Month come downstairs to view a display of African American history and African American history of Columbia. Groups are welcome.

**Location: Armory Sports Center**

Activity #	Date	Time	Age	Price
Drop in	M-F, Feb 1-28	8 am-6 pm	All	Free

### AFRICAN AMERICAN FILM

**Wednesday, Feb 9, 6 pm, Ages 16+, Free**

**Armory Sports Center**

This year's film will be Southside With You. It tells a vivid, imaginative portrayal of the first date between Michelle Robinson and a young Barack Obama. Contact Jay.Bradley@Como.Gov, or 573-874-6379 for more info.

### GOSPEL EXPLOSION & SOUL FOOD DINNER MUSICAL CELEBRATION

**Sunday, February 27, 4-7 pm**

**Location: TBD**

Great gospel music! This year's program will feature artists and groups from the Central Missouri area. Following will be a soul food feast to feed your spirit. Covered dishes are welcome. Location subject to change.

### ANNUAL TRAIN SHOW

**March 19, 10 am-3 pm**

**Location: Paquin Tower, 1201 Paquin St**

All aboard! See a wide variety of displays involving trains and the early days of transportation as well as movies and photographs on rail travel. Hosted by Mid-Mo Railfan and Columbia Parks and Recreation. Admission is free.

*For Aquatics special events, see page 12.*





## Special Events



### SANTA LETTERS

The holiday elves at Columbia Parks and Recreation have made special arrangements with the North Pole. Now you can give your child the wonderful surprise of a personalized letter from Santa Claus! The letter will be addressed directly to your child and mailed from the North Pole. After you order your letter, you will follow a link to a questionnaire to fill out information that will help Santa personalize the letter.

*Letters are \$8 each. Order your letter by calling Columbia Parks and Recreation at 573-874-7460 or online at [CoMo.gov](http://CoMo.gov).*

*Letters must be ordered by November 12, 2021 and will arrive in the mail before Christmas.*



## Thank you to the following for their support of 2021 Fire in the Sky

Presented by:



Veterans United.  
Home Loans



Sponsored by:



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COLUMBIA'S LOCAL NEWSPAPER





# SPECIAL EVENTS CALENDAR

## AUGUST

- 13..... **MOVIES IN THE PARK**  
*Onward, Cosmo Park, 8:30 pm, Free*
- 15..... **COOLIN' DOWN WITH THE BLUES**  
*Douglass Park, 4-7 pm, Free*
- 28..... **KALEIDOSPOKE**  
*Meet at Flat Branch Park, 7 pm, \$17*
- 21..... **FAMILY FUN FEST: BOOKWORMS AND BUTTERFLIES**  
*Albert-Oakland Park, 5-8 pm, Free*
- 25..... **FOOD TRUCK ROUNDUP**  
*MU Health Care Pavilion at Clary-Shy Park, 5-7 pm*
- 27..... **MOVIES IN THE PARK**  
*Night at the Museum, Cosmo Park, 8:30 pm, Free*

## SEPTEMBER

- 1..... **FOOD TRUCKS IN THE PARK**  
*Stephens Lake Park, Cosmo Park, Cosmo-Bethel Park, 5-7 pm*
- 1..... **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES**  
*Darkroom Records Teen Band Showcase, 7 pm, Free*
- 7..... **POOCH PLUNGE**  
*Albert-Oakland Family Aquatic Center, 5:30-6:30 pm, \$5 per dog, must pre-register*
- 10..... **MOVIES IN THE PARK**  
*Raya and the Last Dragon, Cosmo Park, 7:45 pm, Free*
- 11..... **BACK 2 SCHOOL OPEN HOUSE**  
*Armory Sports Center, 1-3 pm*
- 15..... **FAMILY FUN FEST**  
*Creative Kids, Cosmo-Bethel Park, 5-8 pm, Free*
- 18-19..... **43RD ANNUAL HERITAGE FESTIVAL AND CRAFT SHOW**  
*Nifong Park, 10 am-5 pm, Free*
- 22..... **FOOD TRUCK ROUNDUP**  
*MU Health Care Pavilion at Clary-Shy Park, 5-7 pm*
- 25..... **BIKE SAFETY RODEO**  
*Karis Church parking lot, 9-11 am, Free*

## OCTOBER

- 6..... **FOOD TRUCKS IN THE PARK**  
*Stephens Lake Park, Cosmo Park, Cosmo-Bethel Park, 5-7 pm*
- 6..... **SENSORY FRIENDLY TOUCH-A-TRUCK**  
*Rainbow Softball Center at Cosmo, 4-6 pm, Free*
- 13, 20..... **GUT THE GOURD**  
*Armory Sports Center, 5:45-6:45 pm, \$7 per pumpkin, must pre-register*
- 23..... **NIGHT OF THE LIVING SHRED SKATEBOARD COMPETITION**  
*Douglass Skate Park, 3-6 pm, Ages 11 and up, Free*
- 25..... **TOY DRIVE KICKS OFF**
- 30..... **BEAR CREEK RUN HALF MARATHON**  
*Bear Creek Trail, 8 am, Ages 12 and up, \$55*

## NOVEMBER

- 3..... **FOOD TRUCKS IN THE PARK**  
*Stephens Lake Park, Cosmo Park, Cosmo-Bethel Park, 5-7 pm*

## DECEMBER

- 1..... **FOOD TRUCKS IN THE PARK**  
*Stephens Lake Park, Cosmo Park, Cosmo-Bethel Park, 5-7 pm*
- 3..... **LIGHTS AND SIGHTS TOUR**  
*Meet at the ARC, 6:15-7:30 or 7:45-9 pm, \$7.50 per person, must pre-register*
- 4..... **CITY KWANZAA CELEBRATION AND BLACK-OWNED BUSINESS EXPO**  
*Armory Sports Center, 2-5 pm, Free*
- 14..... **CENTRAL COLUMBIA HOLIDAY PARTY**  
*Armory Sports Center, 6:30-8 pm, Free*

## JANUARY

- 5..... **FOOD TRUCKS IN THE PARK**  
*Stephens Lake Park, Cosmo Park, Cosmo-Bethel Park, 5-7 pm*
- 17..... **DR. MARTIN LUTHER KING JR. CANDLE LIGHT WALK AND CELEBRATION**  
*Walk at Armory Sports Center at 6:30 pm, proceed to St. Luke UMC*
- 22..... **ROC TRAIL RUN**  
*Rhett's Run Trail at Cosmo Park, 9 am, ages 12 and up, \$35*

## FEBRUARY

- 2..... **FOOD TRUCKS IN THE PARK**  
*Stephens Lake Park, Cosmo Park, Cosmo-Bethel Park, 5-7 pm*
- 9..... **BLACK HISTORY MONTH FILM**  
*Southside with You, Armory Sports Center, 6 pm, Free*
- 19..... **STONEGRINDER 7K TRAIL RUN**  
*Capen Park/Grindstone Nature Area, 9 am, ages 12 and up, \$35, must pre-register*
- 20..... **BOY/GIRL SCOUT DAY**  
*Hickman Pool, 1-3 pm, pre-register, \$4 per child*
- 27..... **BLACK HISTORY MONTH: GOSPEL EXPLOSION AND SOUL FOOD DINNER**  
*TBD, 4-7 pm, Free*

## MARCH

- 2..... **FOOD TRUCKS IN THE PARK**  
*Stephens Lake Park, Cosmo Park, Cosmo-Bethel Park, 5-7 pm*
- 19..... **ANNUAL TRAIN SHOW**  
*Paquin Tower, 10 am-3 pm, Free*



# LeisureTimes

FALL / WINTER 2021

Columbia Parks & Recreation Dept.

7th & Broadway, 1 S. 7th St.

P.O. Box 6015 • Columbia, MO 65205-6015

Monday–Friday 8am–5pm

Phone (573) 874-7460

Fax (573) 874-7640

Recreation Hotline

(573) 874-7663

The recorded message is available 24 hours with information on activities, cancellations and changes. Sports cancellations are announced weekdays after 4 p.m. and Sundays after 3 p.m. After this time officials may cancel games due to bad weather.

## Administrative Staff

Mike Griggs, Director

Gabe Huffington, Assistant Director

Erika Coffman, Recreation Services Manager

Visit our Web page [CoMo.gov](http://CoMo.gov)

The activities and services included in LeisureTimes span a six-month period. Please keep LeisureTimes handy as a reference or recycle by passing along to a neighbor or co-worker.

*Cover Photo: Sunset at Bonnie View Nature Sanctuary  
by Haley Johnson, Photo Contest winner*

## Five Ways to Register:

1. **Online:** Go to [www.CoMo.gov](http://www.CoMo.gov)
2. **Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am–5pm or at the ARC, 1701 W. Ash.
3. **Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
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5. **Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)

## DID YOU KNOW?



**2020 had the highest participation in outdoor recreation on record, with 7.1 million more Americans participating than the year prior.**

COLUMBIA PARKS AND RECREATION IS A MEMBER OF



**A National  
Gold Medal  
Department**



If you wish to participate in any Parks and Recreation activity yet feel you may need some special accommodation, or if you need an alternate form of this publication, please call Parks and Recreation 24 hours in advance at 573-874-7460.

As a recipient of federal funds from the U.S. Department of Interior, the Columbia Parks and Recreation Department operates programs subject to the nondiscrimination requirements of Title VI of the 1964 Civil Rights Act Under Title VI; the U.S. Department of the Interior strictly prohibits discrimination because of race, color, or national origin in its federally assisted programs. This Department is also committed in both policy and practice to enforce and implement all required provisions of the Americans With Disabilities Act.



# 43<sup>rd</sup> Annual Heritage Festival & Craft Show

Sept 18-19 ✕ 10 am-5 pm ✕ Nifong Park  
CoMo.gov (search Heritage Festival) for details



## Sports Tourism

Columbia Parks and Recreation offers a variety of indoor and outdoor athletic facilities for local and regional competitions. These include the Gans Creek Cross Country Course and Columbia Sports Fieldhouse (pictured here). Parks and Recreation facilities boost the local economy through sports tourism.

*In 2019, sports tourism had an impact of about \$7.56 million for Columbia's economy.*

*To learn about reserving athletic facilities or fields, email [Joey.Wilmes@como.gov](mailto:Joey.Wilmes@como.gov) or [Steve.Evers@como.gov](mailto:Steve.Evers@como.gov)*

